



Cherry Tomato and Cucumber Salad



Vegetarian



Gluten Free

READY IN



9 min.

SERVINGS



4

CALORIES



48 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups cherry tomatoes halved
- ☐ 1.5 cups cucumber sliced quartered
- ☐ 2 tablespoons feta cheese crumbled
- ☐ 1 small clove garlic crushed
- ☐ 1 Dash ground pepper
- ☐ 0.3 cup nonfat yogurt plain
- ☐ 0.3 teaspoon salt

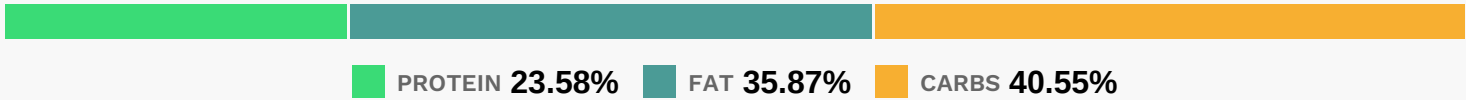
Equipment

☐ bowl

Directions

- ☐ Combine first 5 ingredients in a medium bowl; stir well.
- ☐ Add tomato and cucumber; toss gently.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.27, Inflammation Score:-4, Nutrition Score:5.0199999802786%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 48.32kcal (2.42%), Fat: 2g (3.08%), Saturated Fat: 1.16g (7.28%), Carbohydrates: 5.09g (1.7%), Net Carbohydrates: 4.33g (1.57%), Sugar: 3.26g (3.63%), Cholesterol: 7.87mg (2.62%), Sodium: 261.31mg (11.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Vitamin C: 14.71mg (17.83%), Calcium: 87.06mg (8.71%), Phosphorus: 79.99mg (8%), Vitamin B2: 0.13mg (7.84%), Vitamin A: 346.28IU (6.93%), Potassium: 237.32mg (6.78%), Vitamin B6: 0.12mg (6.16%), Manganese: 0.11mg (5.72%), Vitamin K: 5.39µg (5.14%), Folate: 18.83µg (4.71%), Copper: 0.09mg (4.25%), Vitamin B12: 0.24µg (3.95%), Magnesium: 15.77mg (3.94%), Vitamin B1: 0.06mg (3.84%), Vitamin B5: 0.38mg (3.77%), Zinc: 0.57mg (3.77%), Selenium: 2.26µg (3.23%), Iron: 0.58mg (3.2%), Fiber: 0.76g (3.05%), Vitamin E: 0.34mg (2.29%), Vitamin B3: 0.42mg (2.12%)