

Cherry Tomatoes and Cucumber Spears with Spiced Salt



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



38 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon cayenne
- ☐ 2 pt cherry tomatoes
- ☐ 3 cucumbers seedless halved cut lengthwise into 8 spears (usually plastic-wrapped)
- ☐ 0.3 cup kosher salt
- ☐ 1 lime halved

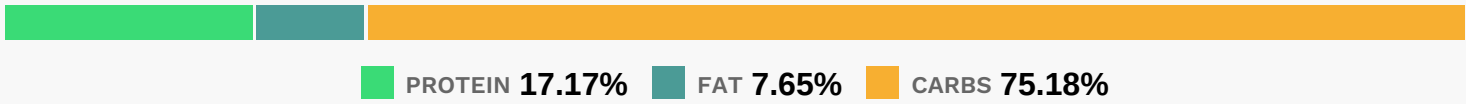
Equipment

☐ bowl

Directions

- ☐ Chill cucumber spears in a large bowl of ice and cold water 15 minutes, then arrange in a serving bowl filled with ice.
- ☐ Stir together kosher salt, cayenne, and black pepper in a small serving bowl for dipping vegetables.
- ☐ Arrange cherry tomatoes in serving bowls, then squeeze lime over them just before serving (juice helps salt adhere to tomatoes).
- ☐ Spiced salt can be made 1 day ahead and kept, covered, at room temperature.

Nutrition Facts



Properties

Glycemic Index:13.88, Glycemic Load:0.49, Inflammation Score:-6, Nutrition Score:7.466087076975%

Flavonoids

Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg 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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 38.41kcal (1.92%), Fat: 0.37g (0.58%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 8.27g (2.76%), Net Carbohydrates: 6.32g (2.3%), Sugar: 4.67g (5.18%), Cholesterol: 0mg (0%), Sodium: 3552.2mg (154.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Vitamin C: 33.2mg (40.24%), Vitamin A: 768.35IU (15.37%), Potassium: 426.85mg (12.2%), Manganese: 0.24mg (11.85%), Vitamin K: 11.87µg (11.3%), Copper: 0.18mg (8.97%), Vitamin B6: 0.16mg (8.05%), Folate: 32.08µg (8.02%), Fiber: 1.95g (7.8%), Iron: 1.16mg (6.47%), Magnesium: 25.33mg (6.33%), Phosphorus: 59.18mg (5.92%), Vitamin B1: 0.08mg (5.4%), Vitamin E: 0.79mg (5.27%), Vitamin B5: 0.44mg (4.43%), Vitamin B3: 0.71mg (3.55%), Calcium: 34.64mg (3.46%), Vitamin B2: 0.06mg (3.43%), Zinc: 0.38mg (2.55%), Selenium: 0.77µg (1.11%)