



## Chive Cucumber Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



77 kcal

SIDE DISH

### Ingredients

- 3 tablespoons chives minced
- 2 large cucumber peeled thinly sliced
- 0.3 teaspoon garlic powder
- 1 tablespoon spring onion chopped
- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 0.5 cup cream sour
- 1 tablespoon water

2 tablespoons vinegar white

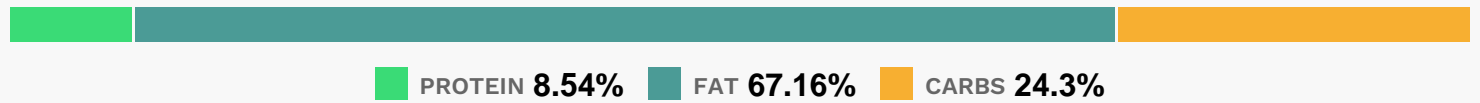
## Equipment

bowl

## Directions

In a bowl, combine cucumbers and sour cream. Cover and refrigerate for at least 1 hour. Stir in remaining ingredients just before serving.

## Nutrition Facts



## Properties

Glycemic Index:44.75, Glycemic Load:0.36, Inflammation Score:-4, Nutrition Score:4.5926086384317%

## Flavonoids

Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 77.1kcal (3.85%), Fat: 5.82g (8.96%), Saturated Fat: 2.93g (18.29%), Carbohydrates: 4.74g (1.58%), Net Carbohydrates: 3.63g (1.32%), Sugar: 3g (3.33%), Cholesterol: 16.96mg (5.65%), Sodium: 157.84mg (6.86%), Alcohol: 0g (100%), Protein: 1.67g (3.33%), Vitamin K: 18.51µg (17.63%), Vitamin A: 393.15IU (7.86%), Vitamin C: 6.33mg (7.67%), Potassium: 240.4mg (6.87%), Manganese: 0.13mg (6.54%), Folate: 24.75µg (6.19%), Copper: 0.11mg (5.62%), Phosphorus: 54.31mg (5.43%), Magnesium: 21.29mg (5.32%), Calcium: 52.9mg (5.29%), Vitamin B2: 0.09mg (5.14%), Vitamin B6: 0.09mg (4.52%), Vitamin B5: 0.44mg (4.43%), Fiber: 1.11g (4.43%), Vitamin B1: 0.05mg (3.51%), Zinc: 0.36mg (2.39%), Iron: 0.41mg (2.26%), Selenium: 1.32µg (1.89%), Vitamin E: 0.17mg (1.11%), Vitamin B12: 0.06µg (1.01%)