



Cool and Creamy Cucumber Salad



Vegetarian



Gluten Free

READY IN



255 min.

SERVINGS



8

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 4 cucumbers english seedless thinly sliced
- ☐ 0.5 cup optional: dill fresh chopped to taste
- ☐ 2 bell peppers green cut into thin matchsticks
- ☐ 2 teaspoons ground pepper black
- ☐ 32 ounce yogurt plain
- ☐ 1 tablespoon salt
- ☐ 1 cup cup heavy whipping cream sour

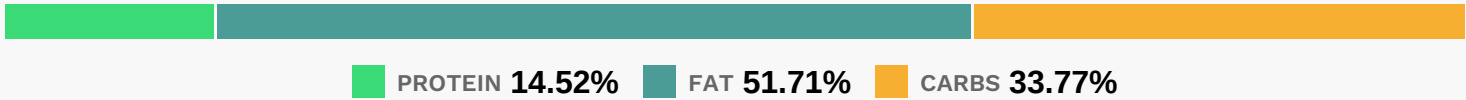
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ colander

Directions

- ☐ Place cucumbers and bell peppers into a colander and allow liquid to drain for 4 hours. While vegetables are draining, place yogurt into a separate colander lined with paper towels and let stand for 4 hours to allow excess whey to drain from the yogurt.
- ☐ Combine cucumbers, bell peppers, thickened yogurt, sour cream, vinegar, dill, salt, and black pepper in a large salad bowl; chill before serving.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:1.19, Inflammation Score:-6, Nutrition Score:10.806956529617%

Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 157.85kcal (7.89%), Fat: 9.53g (14.66%), Saturated Fat: 5.36g (33.51%), Carbohydrates: 14g (4.67%), Net Carbohydrates: 12.56g (4.57%), Sugar: 9.5g (10.56%), Cholesterol: 31.7mg (10.57%), Sodium: 939.1mg (40.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.02g (12.04%), Vitamin C: 31.44mg (38.11%), Vitamin K: 28.28µg (26.93%), Calcium: 202.35mg (20.24%), Phosphorus: 174.56mg (17.46%), Vitamin B2: 0.28mg (16.28%), Vitamin A: 788.4IU (15.77%), Potassium: 515.51mg (14.73%), Manganese: 0.28mg (13.75%), Magnesium: 41.64mg (10.41%), Vitamin B5: 0.97mg (9.74%), Vitamin B6: 0.18mg (9.08%), Vitamin B12: 0.48µg (8%), Zinc: 1.14mg (7.59%), Folate: 27.63µg (6.91%), Vitamin B1: 0.1mg (6.56%), Fiber: 1.44g (5.78%), Selenium: 4.04µg (5.77%), Copper: 0.11mg (5.42%), Iron: 0.86mg (4.75%), Vitamin B3: 0.45mg (2.27%), Vitamin E: 0.34mg (2.25%)