



Cool Cucumber Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



18 kcal

SIDE DISH

Ingredients

- ☐ 2 large cucumbers peeled thinly sliced
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 1 green onion chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 teaspoon cracked pepper black

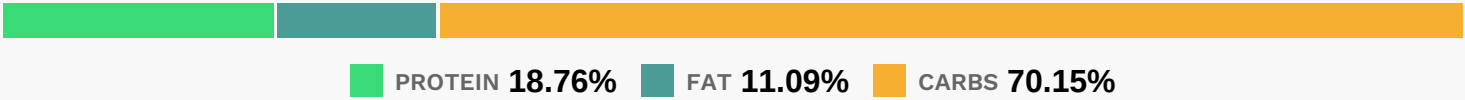
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

☐ Place cucumbers into a salad bowl and combine with sour cream, green onion, dill, kosher salt, and pepper. Cover bowl with plastic wrap and refrigerate salad for 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:3.5060869409986%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 18.47kcal (0.92%), Fat: 0.24g (0.37%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 3.42g (1.14%), Net Carbohydrates: 2.29g (0.83%), Sugar: 2g (2.23%), Cholesterol: 0mg (0%), Sodium: 294.14mg (12.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.83%), Vitamin K: 16.7µg (15.9%), Manganese: 0.14mg (7.11%), Vitamin C: 5.21mg (6.32%), Potassium: 203.54mg (5.82%), Folate: 21.86µg (5.47%), Copper: 0.11mg (5.29%), Fiber: 1.13g (4.5%), Magnesium: 17.94mg (4.49%), Vitamin B6: 0.07mg (3.72%), Vitamin B5: 0.34mg (3.43%), Phosphorus: 31.04mg (3.1%), Vitamin B1: 0.05mg (3.03%), Vitamin A: 147.51IU (2.95%), Calcium: 23.46mg (2.35%), Vitamin B2: 0.04mg (2.26%), Iron: 0.39mg (2.18%), Zinc: 0.26mg (1.7%)