



Cool Summer Cucumber and Tomato Toss

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



88 kcal

SIDE DISH

Ingredients

- 2 tablespoons balsamic vinegar
- 1 large cucumber peeled sliced
- 2 tablespoons olive oil
- 4 servings salt and pepper to taste
- 2 tomatoes fresh ripe chopped

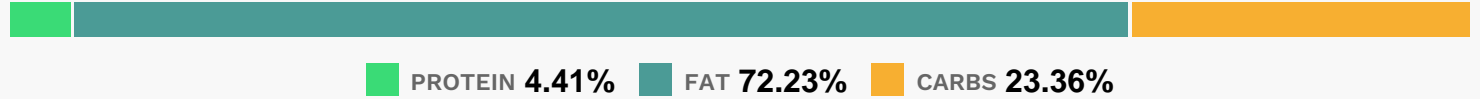
Equipment

- bowl

Directions

- Place cucumber and tomatoes in a bowl.
- Pour in olive oil and balsamic vinegar. Season with salt and pepper. Toss gently to coat. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:1.46, Inflammation Score:-5, Nutrition Score:4.37217388888518%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 88.39kcal (4.42%), Fat: 7.24g (11.13%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 5.27g (1.76%), Net Carbohydrates: 4.04g (1.47%), Sugar: 3.78g (4.2%), Cholesterol: 0mg (0%), Sodium: 200.24mg (8.71%), Alcohol: 0g (100%), Protein: 0.99g (1.99%), Vitamin K: 14.11µg (13.44%), Vitamin C: 10.67mg (12.93%), Vitamin A: 562.7IU (11.25%), Vitamin E: 1.36mg (9.07%), Potassium: 250.02mg (7.14%), Manganese: 0.13mg (6.61%), Fiber: 1.23g (4.91%), Folate: 19.02µg (4.76%), Copper: 0.09mg (4.41%), Vitamin B6: 0.08mg (4.24%), Magnesium: 16.13mg (4.03%), Phosphorus: 30.98mg (3.1%), Vitamin B1: 0.04mg (2.96%), Iron: 0.42mg (2.33%), Vitamin B5: 0.22mg (2.23%), Vitamin B3: 0.39mg (1.96%), Calcium: 18.3mg (1.83%), Vitamin B2: 0.03mg (1.72%), Zinc: 0.23mg (1.54%)