



Creamy Cucumber and Tomato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



196 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cucumbers sliced
- 4 servings salt and ground pepper black to taste
- 0.3 onion chopped
- 1 cup creamy salad dressing to taste miracle whip® (such as)
- 2 tomatoes sliced
- 2 tablespoons sugar white to taste

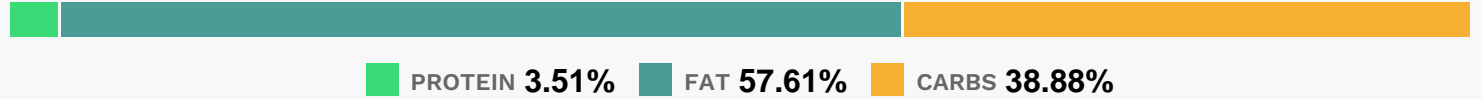
Equipment

- bowl

Directions

- Combine cucumbers, tomatoes, onion, creamy salad dressing, sugar, salt, and black pepper in a salad bowl. If salad seems too sweet, add more salad dressing; if too tart, add more sugar. Chill before serving.

Nutrition Facts



Properties

Glycemic Index:45.52, Glycemic Load:5.3, Inflammation Score:-6, Nutrition Score:7.9430434289186%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 196.17kcal (9.81%), Fat: 12.79g (19.67%), Saturated Fat: 1.77g (11.09%), Carbohydrates: 19.42g (6.47%), Net Carbohydrates: 17.49g (6.36%), Sugar: 16.31g (18.13%), Cholesterol: 0mg (0%), Sodium: 589.82mg (25.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.51%), Vitamin K: 48.75µg (46.43%), Vitamin C: 13.97mg (16.93%), Vitamin A: 642.13IU (12.84%), Potassium: 410.59mg (11.73%), Vitamin E: 1.67mg (11.11%), Manganese: 0.22mg (10.98%), Vitamin B6: 0.17mg (8.59%), Copper: 0.16mg (7.92%), Folate: 31.55µg (7.89%), Fiber: 1.93g (7.72%), Magnesium: 28.56mg (7.14%), Phosphorus: 57.22mg (5.72%), Vitamin B1: 0.08mg (5.62%), Vitamin B5: 0.42mg (4.25%), Iron: 0.68mg (3.76%), Calcium: 36.87mg (3.69%), Vitamin B2: 0.05mg (3.08%), Zinc: 0.41mg (2.76%), Vitamin B3: 0.51mg (2.53%), Selenium: 1.4µg (2%)