



## Creamy Cucumber Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



52 kcal

SIDE DISH

### Ingredients

- 2 cucumbers thinly sliced
- 2 Tbsp planters pecans toasted chopped
- 2 plum tomatoes diced
- 0.5 cup lite ranch dressing kraft
- 0.5 cup onion sweet thin

### Equipment

## Directions

- Toss cucumbers, tomatoes and onion with dressing.
- Sprinkle with pecans just before serving.

## Nutrition Facts

 **PROTEIN 4.39%**  **FAT 78.58%**  **CARBS 17.03%**

## Properties

Glycemic Index:4.2, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:2.2621739339893%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

## Nutrients (% of daily need)

Calories: 51.61kcal (2.58%), Fat: 4.6g (7.08%), Saturated Fat: 0.65g (4.04%), Carbohydrates: 2.25g (0.75%), Net Carbohydrates: 1.69g (0.61%), Sugar: 1.47g (1.63%), Cholesterol: 2.08mg (0.69%), Sodium: 73.72mg (3.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Vitamin K: 14.32µg (13.63%), Manganese: 0.11mg (5.3%), Vitamin C: 2.68mg (3.25%), Phosphorus: 30.4mg (3.04%), Copper: 0.05mg (2.69%), Potassium: 90.93mg (2.6%), Fiber: 0.56g (2.22%), Folate: 8.68µg (2.17%), Magnesium: 8.2mg (2.05%), Vitamin A: 101.5IU (2.03%), Vitamin B6: 0.04mg (1.96%), Vitamin B1: 0.03mg (1.84%), Vitamin B5: 0.18mg (1.84%), Vitamin E: 0.25mg (1.69%), Vitamin B2: 0.02mg (1.25%), Zinc: 0.16mg (1.09%), Calcium: 10.67mg (1.07%), Iron: 0.18mg (1.01%)