



## Creamy Cucumber Salad

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



75 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 pound cucumber english sliced ( 1 medium cucumber)
- 0.8 teaspoon kosher salt
- 0.5 cup cream sour
- 1 tablespoon citrus champagne vinegar
- 2 tablespoons frangelico fresh finely chopped
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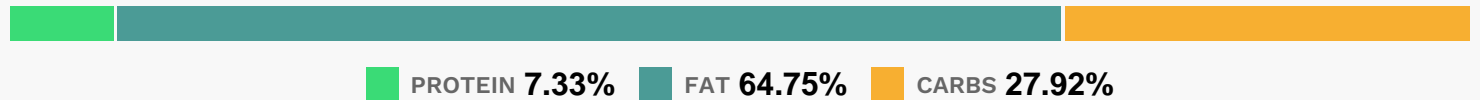
### Equipment

- bowl
- paper towels
- sieve
- colander

## Directions

- Place a colander or fine-mesh strainer over a large bowl.
- Add the cucumbers and 1/2 teaspoon of the salt and toss to combine.
- Let sit at room temperature for 1 hour. Line a work surface with 1 layer of paper towels. Using your hands, remove the cucumbers from the strainer and arrange them in a flat, even layer on the paper towels, top with another layer of paper towels, and gently press to absorb any moisture. Discard the liquid in the bowl and wipe it dry (no need to wash).
- Combine the sour cream, herbs, vinegar, pepper, and remaining 1/4 teaspoon of salt in the bowl.
- Add the cucumbers and stir to evenly coat.
- Serve immediately or refrigerate in an airtight container for up to 24 hours.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:3.6934782784918%

## Flavonoids

Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 74.96kcal (3.75%), Fat: 5.71g (8.78%), Saturated Fat: 2.95g (18.42%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 4.94g (1.8%), Sugar: 2.87g (3.19%), Cholesterol: 16.96mg (5.65%), Sodium: 447.53mg (19.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.91%), Vitamin K: 19.23µg (18.32%), Vitamin A: 298.86IU (5.98%), Potassium: 205.85mg (5.88%), Manganese: 0.11mg (5.58%), Vitamin B2: 0.09mg (5.06%), Phosphorus: 49.56mg (4.96%), Calcium: 48.23mg (4.82%), Magnesium: 17.99mg (4.5%), Vitamin C: 3.45mg (4.19%), Vitamin B5: 0.39mg (3.92%), Vitamin B6: 0.06mg (2.88%), Copper: 0.05mg (2.7%), Vitamin B1: 0.04mg (2.43%), Folate: 9.68µg

(2.42%), Fiber: 0.6g (2.39%), Zinc: 0.33mg (2.17%), Iron: 0.37mg (2.06%), Selenium: 1.41µg (2.02%), Vitamin B12:  
0.06µg (1.01%)