



Creamy Cucumber Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



53 kcal

SIDE DISH

Ingredients

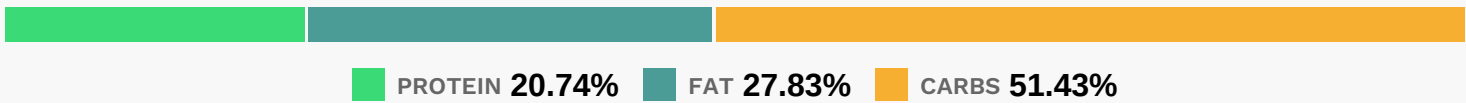
- ☐ 4 cucumbers peeled seeded thinly sliced
- ☐ 1 tablespoon mint leaves dried
- ☐ 1 tablespoon parsley dried
- ☐ 2 garlic cloves minced
- ☐ 6 servings garnish: mint sprig fresh
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 cup tangy yogurt plain

Equipment

Directions

- ☐ Stir together yogurt and next 5 ingredients.
- ☐ Add cucumbers, and toss.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.9, Inflammation Score:-4, Nutrition Score:6.3404348013194%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 15.07mg, Apigenin: 15.07mg, Apigenin: 15.07mg, Apigenin: 15.07mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 53.04kcal (2.65%), Fat: 1.7g (2.61%), Saturated Fat: 0.9g (5.59%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 5.37g (1.95%), Sugar: 4.7g (5.22%), Cholesterol: 5.31mg (1.77%), Sodium: 219.49mg (9.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Vitamin K: 19.17µg (18.25%), Manganese: 0.25mg (12.53%), Potassium: 360.21mg (10.29%), Vitamin C: 7.65mg (9.27%), Calcium: 89.91mg (8.99%), Phosphorus: 85.37mg (8.54%), Folate: 34.06µg (8.51%), Magnesium: 33.04mg (8.26%), Copper: 0.16mg (8%), Vitamin B2: 0.12mg (7.27%), Vitamin B6: 0.14mg (6.94%), Fiber: 1.69g (6.76%), Vitamin B5: 0.66mg (6.57%), Vitamin A: 262.12IU (5.24%), Vitamin B1: 0.08mg (5.21%), Iron: 0.84mg (4.69%), Zinc: 0.63mg (4.2%), Vitamin B12: 0.15µg (2.52%), Selenium: 1.29µg (1.85%)