



## Creamy Cucumbers

 Vegetarian  Gluten Free

READY IN



250 min.

SERVINGS



4

CALORIES



38 kcal

SIDE DISH

### Ingredients

- 0.7 cup yogurt plain fat free yoplait® (from 2-lb container)
- 0.5 teaspoon salt
- 0.3 teaspoon dill dried
- 0.1 teaspoon pepper
- 2 cups cucumber unpeeled thinly sliced (2 medium)
- 1 small onion separated thinly sliced

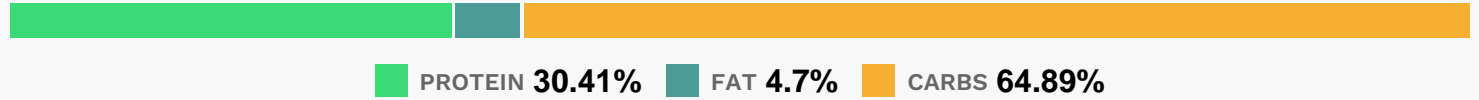
### Equipment

- bowl

## Directions

- In medium bowl, mix ingredients until well blended.
- Cover; refrigerate about 4 hours or until chilled.

## Nutrition Facts



## Properties

Glycemic Index:18.5, Glycemic Load:0.51, Inflammation Score:-2, Nutrition Score:3.6886956186398%

## Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

## Nutrients (% of daily need)

Calories: 38.16kcal (1.91%), Fat: 0.2g (0.31%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 6.28g (2.09%), Net Carbohydrates: 5.49g (2%), Sugar: 4.8g (5.33%), Cholesterol: 0.82mg (0.27%), Sodium: 324.3mg (14.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.89%), Calcium: 96.17mg (9.62%), Phosphorus: 83.59mg (8.36%), Vitamin B2: 0.12mg (6.89%), Potassium: 223.07mg (6.37%), Vitamin K: 5.04µg (4.8%), Vitamin C: 3.82mg (4.63%), Magnesium: 17.88mg (4.47%), Vitamin B5: 0.44mg (4.44%), Folate: 17.55µg (4.39%), Manganese: 0.08mg (4.22%), Vitamin B12: 0.25µg (4.15%), Vitamin B6: 0.08mg (3.89%), Zinc: 0.54mg (3.62%), Vitamin B1: 0.05mg (3.24%), Fiber: 0.79g (3.15%), Copper: 0.06mg (3.08%), Selenium: 1.63µg (2.33%), Iron: 0.26mg (1.44%), Vitamin A: 55.09IU (1.1%)