



Creamy Dilled Cucumber Salad



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



46 kcal

SIDE DISH

Ingredients

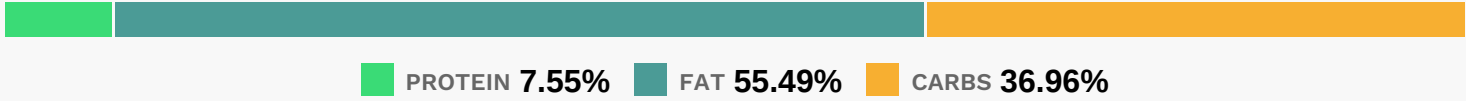
- ☐ 1 large cucumber sliced ()
- ☐ 1 handful optional: dill chopped ()
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup onion red sliced ()
- ☐ 4 servings salt and pepper to taste
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 teaspoon sugar

Equipment

Directions

☐ Mix everything and chill in the fridge for 20+ minutes.

Nutrition Facts



Properties

Glycemic Index:31.77, Glycemic Load:1.06, Inflammation Score:-2, Nutrition Score:2.3186956449695%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 45.65kcal (2.28%), Fat: 2.93g (4.5%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 4.38g (1.46%), Net Carbohydrates: 3.71g (1.35%), Sugar: 2.97g (3.3%), Cholesterol: 8.48mg (2.83%), Sodium: 200.25mg (8.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.79%), Vitamin C: 4.77mg (5.79%), Vitamin K: 5.3µg (5.04%), Potassium: 133.54mg (3.82%), Manganese: 0.07mg (3.49%), Folate: 13.69µg (3.42%), Vitamin A: 159.68IU (3.19%), Phosphorus: 28.99mg (2.9%), Copper: 0.06mg (2.87%), Magnesium: 11.2mg (2.8%), Vitamin B6: 0.06mg (2.79%), Calcium: 27.49mg (2.75%), Fiber: 0.68g (2.71%), Vitamin B2: 0.05mg (2.7%), Vitamin B5: 0.23mg (2.35%), Vitamin B1: 0.03mg (2.01%), Zinc: 0.19mg (1.25%), Iron: 0.21mg (1.15%)