



## Creamy, Spicy Cucumbers

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



318 kcal

SIDE DISH

### Ingredients

- 4 large cucumbers
- 1 teaspoon parsley flakes dried
- 0.3 cup evaporated milk
- 0.5 teaspoon garlic powder
- 1 bunch green onions sliced
- 2 teaspoons hot sauce
- 1 cup mayonnaise
- 0.5 teaspoon pepper

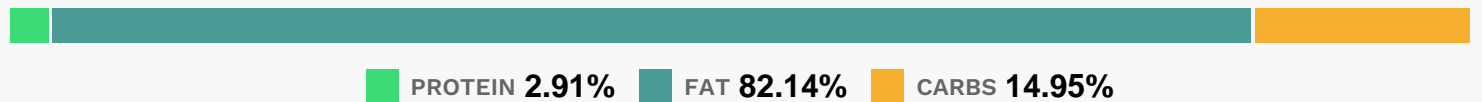
- 3 tablespoons sugar
- 0.5 teaspoon salt
- 0.3 cup vinegar white

## Equipment

## Directions

- Peel, seed, and slice cucumbers. Stir together mayonnaise, vinegar, evaporated milk, sugar, dried parsley flakes, hot sauce, salt, garlic powder, and pepper. Toss in cucumbers and green onions. Chill 8 to 24 hours.

## Nutrition Facts



## Properties

Glycemic Index:42.35, Glycemic Load:4.8, Inflammation Score:-4, Nutrition Score:8.4391303762146%

## Flavonoids

Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 318.18kcal (15.91%), Fat: 29.06g (44.7%), Saturated Fat: 4.88g (30.5%), Carbohydrates: 11.89g (3.96%), Net Carbohydrates: 10.41g (3.79%), Sugar: 9.95g (11.06%), Cholesterol: 18.73mg (6.24%), Sodium: 482.13mg (20.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.64%), Vitamin K: 83.17µg (79.21%), Vitamin C: 7.95mg (9.63%), Manganese: 0.18mg (8.92%), Potassium: 312.13mg (8.92%), Vitamin E: 1.33mg (8.84%), Folate: 31.66µg (7.91%), Copper: 0.15mg (7.49%), Phosphorus: 71.78mg (7.18%), Magnesium: 26.82mg (6.7%), Calcium: 61.46mg (6.15%), Fiber: 1.48g (5.94%), Vitamin B5: 0.59mg (5.88%), Vitamin B6: 0.11mg (5.64%), Vitamin B2: 0.09mg (5.5%), Vitamin B1: 0.07mg (4.7%), Vitamin A: 227.04IU (4.54%), Iron: 0.62mg (3.42%), Zinc: 0.48mg (3.23%), Selenium: 1.47µg (2.1%), Vitamin B12: 0.06µg (1.03%)