



## Crisp and Easy Cucumber Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



41 kcal

SIDE DISH

### Ingredients

- 4 large cucumbers
- 0.5 cup athenos feta cheese with basil & tomato crumbled
- 0.3 cup 1/3 cup kraft zesty italian dressing italian kraft
- 0.3 cup kalamata olives pitted
- 8 radishes thinly sliced
- 0.3 cup onions red chopped

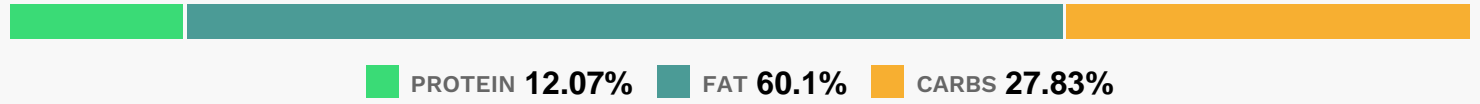
### Equipment

- peeler

## Directions

- Use vegetable peeler to cut 1 cucumber into long thin ribbons.
- Peel remaining cucumbers; cut into 1-inch cubes. Toss with remaining ingredients.
- Spoon cucumber mixture onto center of platter; surround with cucumber ribbons.

## Nutrition Facts



## Properties

Glycemic Index:6.73, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:2.5760869306067%

## Flavonoids

Pelargonidin: 1.35mg, Pelargonidin: 1.35mg, Pelargonidin: 1.35mg, Pelargonidin: 1.35mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

## Nutrients (% of daily need)

Calories: 40.5kcal (2.03%), Fat: 2.76g (4.25%), Saturated Fat: 0.89g (5.57%), Carbohydrates: 2.88g (0.96%), Net Carbohydrates: 2.17g (0.79%), Sugar: 1.76g (1.96%), Cholesterol: 4.45mg (1.48%), Sodium: 158.09mg (6.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.49%), Vitamin K: 8.47µg (8.07%), Calcium: 38.49mg (3.85%), Vitamin B2: 0.06mg (3.68%), Vitamin C: 2.92mg (3.54%), Phosphorus: 34.63mg (3.46%), Vitamin B6: 0.07mg (3.41%), Potassium: 119.16mg (3.4%), Folate: 13.18µg (3.3%), Manganese: 0.06mg (3.12%), Copper: 0.06mg (3.07%), Fiber: 0.7g (2.8%), Magnesium: 10.98mg (2.75%), Vitamin B5: 0.23mg (2.35%), Vitamin B1: 0.03mg (2.27%), Zinc: 0.29mg (1.91%), Vitamin A: 88.73IU (1.77%), Vitamin E: 0.26mg (1.74%), Vitamin B12: 0.08µg (1.41%), Selenium: 0.98µg (1.4%), Iron: 0.24mg (1.32%)