

Crispy Cucumbers and Tomatoes in Dill Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



75 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cider vinegar
- ☐ 2 cucumbers sliced
- ☐ 0.5 teaspoon dill weed fresh chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 cup onion red sliced
- ☐ 0.5 teaspoon salt
- ☐ 2 tomatoes ripe cut into wedges

- ☐ 2 tablespoons vegetable oil
- ☐ 1 teaspoon sugar white

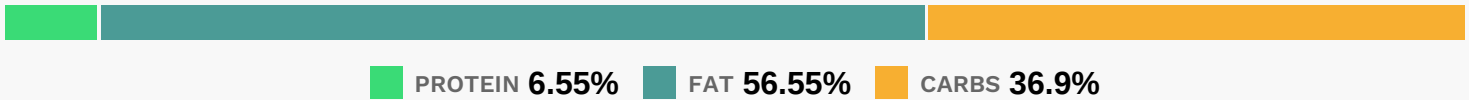
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, mix the vinegar, sugar, salt, dill, pepper, and oil.
- ☐ Add cucumbers, onion, and tomatoes. Toss, and let stand at least 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:39.52, Glycemic Load:1.7, Inflammation Score:-5, Nutrition Score:4.8865218110706%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 74.99kcal (3.75%), Fat: 4.81g (7.4%), Saturated Fat: 0.73g (4.55%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 5.39g (1.96%), Sugar: 4.29g (4.77%), Cholesterol: 0mg (0%), Sodium: 199.43mg (8.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.51%), Vitamin K: 19.02µg (18.11%), Vitamin C: 10.8mg (13.09%), Manganese: 0.19mg (9.51%), Vitamin A: 415.16IU (8.3%), Potassium: 280.6mg (8.02%), Fiber: 1.67g (6.67%), Folate: 25.24µg (6.31%), Vitamin B6: 0.12mg (5.8%), Copper: 0.11mg (5.39%), Magnesium: 19.83mg (4.96%), Vitamin E: 0.63mg (4.19%), Phosphorus: 39.51mg (3.95%), Vitamin B1: 0.06mg (3.9%), Vitamin B5: 0.31mg (3.1%), Calcium: 25.44mg (2.54%), Vitamin B2: 0.04mg (2.37%), Iron: 0.42mg (2.32%), Zinc: 0.29mg (1.94%), Vitamin B3: 0.31mg (1.56%)