



Crispy Cucumbers and Tomatoes in Dill Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



73 kcal

SIDE DISH

Ingredients

- 0.3 cup apple cider vinegar
- 2 cucumber sliced
- 0.5 teaspoon optional: dill fresh chopped
- 0.3 teaspoon pepper black
- 1 teaspoon splenda® no calorie sweetener
- 1 cup onion red sliced
- 0.5 teaspoon salt

- 2 tomatoes ripe cut into wedges
- 2 tablespoons vegetable oil

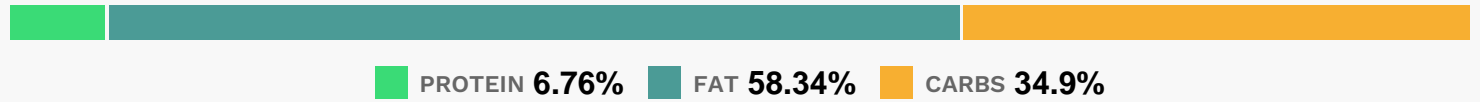
Equipment

- bowl

Directions

- In a large bowl, mix the vinegar, SLENDA® Granulated Sweetener, 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:36.17, Glycemic Load:1.27, Inflammation Score:-5, Nutrition Score:4.8852174735588%

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: 72.71kcal (3.64%), Fat: 4.8g (7.39%), Saturated Fat: 0.73g (4.55%), Carbohydrates: 6.47g (2.16%), Net Carbohydrates: 4.8g (1.75%), Sugar: 3.7g (4.11%), Cholesterol: 0mg (0%), Sodium: 199.43mg (8.67%), Alcohol: 0g (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: 280.59mg (8.02%), Fiber: 1.67g (6.67%), Folate: 25.24µg (6.31%), Vitamin B6: 0.12mg (5.8%), Copper: 0.11mg (5.38%), 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 (2.36%), Iron: 0.42mg (2.32%), Zinc: 0.29mg (1.94%), Vitamin B3: 0.31mg (1.56%)