



Cucumber and Blue Cheese Salad



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



88 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3.3 ounce olives black drained sliced canned
- ☐ 0.3 cup cheese blue crumbled
- ☐ 3 stalks celery cubed
- ☐ 1 cucumber cubed
- ☐ 0.5 cup red wine vinegar
- ☐ 1 tomatoes cubed

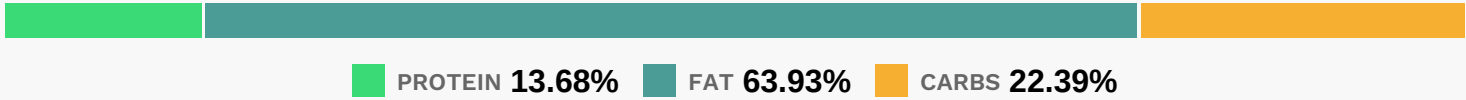
Equipment

- ☐ mixing bowl

Directions

- ☐ Place the cucumber, tomato, celery, black olives, and blue cheese in a mixing bowl.
- ☐ Pour in the red wine, mix, and you're done!

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.66, Inflammation Score:-5, Nutrition Score:5.7778260824473%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 87.59kcal (4.38%), Fat: 6.18g (9.51%), Saturated Fat: 2.08g (12.98%), Carbohydrates: 4.87g (1.62%), Net Carbohydrates: 2.74g (0.99%), Sugar: 2.41g (2.68%), Cholesterol: 6.33mg (2.11%), Sodium: 485.79mg (21.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.95%), Vitamin K: 17.14µg (16.33%), Vitamin A: 599.75IU (11.99%), Vitamin C: 7.69mg (9.32%), Fiber: 2.13g (8.54%), Potassium: 295.8mg (8.45%), Calcium: 83.9mg (8.39%), Vitamin E: 1.17mg (7.79%), Folate: 29.64µg (7.41%), Manganese: 0.14mg (6.76%), Phosphorus: 66.29mg (6.63%), Copper: 0.12mg (5.79%), Magnesium: 21.35mg (5.34%), Vitamin B6: 0.11mg (5.31%), Vitamin B2: 0.08mg (4.44%), Vitamin B5: 0.43mg (4.32%), Iron: 0.58mg (3.23%), Vitamin B1: 0.05mg (3.21%), Zinc: 0.46mg (3.08%), Selenium: 1.63µg (2.32%), Vitamin B3: 0.45mg (2.24%), Vitamin B12: 0.1µg (1.72%)