



WHATSheATE



Cucumber and Feta Salad (Ensalada de Pepino y Feta)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



141 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cucumbers paper thin english sliced
- ☐ 1 cup feta cheese crumbled
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 juice of lime
- ☐ 4 servings salt and pepper
- ☐ 2 tablespoon vinegar white

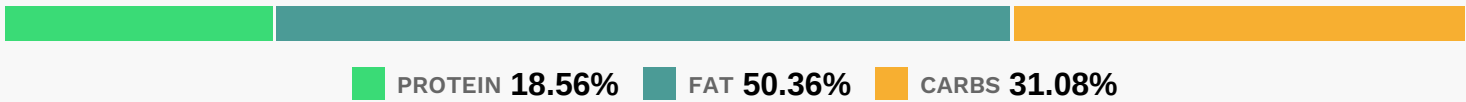
Equipment

☐ bowl

Directions

- ☐ In a small bowl combine the cilantro, lime, vinegar, salt and pepper.
- ☐ Mix well and pour over the sliced cucumbers.
- ☐ Sprinkle the feta cheese on top and serve.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.4, Inflammation Score:-5, Nutrition Score:10.935652059057%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 140.5kcal (7.02%), Fat: 8.33g (12.82%), Saturated Fat: 5.07g (31.7%), Carbohydrates: 11.57g (3.86%), Net Carbohydrates: 10.32g (3.75%), Sugar: 4.15g (4.61%), Cholesterol: 33.38mg (11.13%), Sodium: 627.01mg (27.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.91g (13.82%), Vitamin K: 41.84µg (39.85%), Vitamin B2: 0.4mg (23.31%), Calcium: 225.52mg (22.55%), Phosphorus: 184.49mg (18.45%), Vitamin C: 13.41mg (16.25%), Vitamin B6: 0.26mg (12.98%), Potassium: 387.47mg (11.07%), Vitamin B12: 0.63µg (10.56%), Zinc: 1.56mg (10.37%), Manganese: 0.2mg (10.14%), Vitamin A: 495.72IU (9.91%), Vitamin B5: 0.98mg (9.81%), Magnesium: 38.61mg (9.65%), Selenium: 6.38µg (9.11%), Vitamin B1: 0.13mg (8.33%), Folate: 30.83µg (7.71%), Copper: 0.11mg (5.7%), Iron: 0.92mg (5.12%), Fiber: 1.25g (5.01%), Vitamin B3: 0.64mg (3.19%), Vitamin E: 0.22mg (1.45%)