



Cucumber and Pomegranate Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



165 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cucumber seeds removed peeled halved
- ☐ 0.5 cup feta cheese crumbled
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 1 juice of lime
- ☐ 3 tablespoons olive oil
- ☐ 4 servings pepper black freshly ground
- ☐ 0.3 cup spring onion green thinly sliced
- ☐ 1 pomegranate seeds

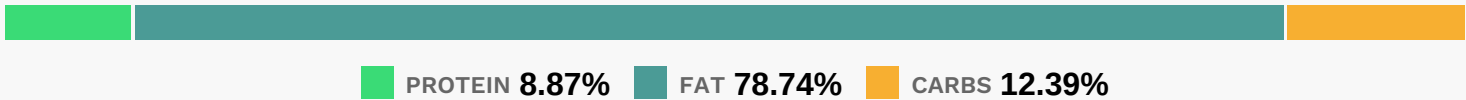
Equipment

☐ bowl

Directions

- ☐ Cut the cucumbers into slices 1/4 inch thick.
- ☐ Put the cucumber slices in a bowl with all but 4 tablespoons of the pomegranate seeds.
- ☐ Add the scallions, cilantro, lime juice, and olive oil. Toss and season with salt.
- ☐ To serve, divide the salad among bowls and top with the crumbled feta, a tablespoon of pomegranate seeds, and a few grinds of pepper.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ Reprinted with permission from Lucid Food: Cooking for an Eco-Conscious Life by Louisa Shafia. Text copyright © 2010 by Louisa Shafia. Published by Ten Speed Press, an imprint of the Crown Publishing Group, a division of Random House, Inc.Louisa Shafia is the founder of Lucid Food, an eco-friendly fine catering company based in New York City. A graduate of the Natural Gourmet Institute, she has worked at Millennium Restaurant and Roxanne's in the San Francisco Bay Area, and at Aquavit and Pure Food and Wine in New York.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:0.66, Inflammation Score:-4, Nutrition Score:7.8200000576351%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 165.3kcal (8.27%), Fat: 14.81g (22.78%), Saturated Fat: 3.97g (24.79%), Carbohydrates: 5.24g (1.75%), Net Carbohydrates: 3.91g (1.42%), Sugar: 2.39g (2.66%), Cholesterol: 16.69mg (5.56%), Sodium: 219.06mg (9.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Vitamin K: 36.85µg (35.09%), Calcium: 120.9mg (12.09%), Vitamin B2: 0.21mg (12.08%), Vitamin E: 1.69mg (11.29%), Vitamin C: 8.79mg (10.66%), Phosphorus: 99.26mg (9.93%), Vitamin B6: 0.17mg (8.31%), Folate: 33.1µg (8.28%), Vitamin A: 388.69IU (7.77%), Manganese: 0.15mg (7.38%), Potassium: 254.09mg (7.26%), Copper: 0.13mg (6.3%), Magnesium: 24.13mg (6.03%), Vitamin B5: 0.57mg (5.69%), Zinc: 0.84mg (5.58%), Vitamin B1: 0.08mg (5.49%), Fiber: 1.33g (5.34%), Vitamin B12: 0.32µg (5.28%), Selenium: 3.03µg (4.33%), Iron: 0.66mg (3.64%), Vitamin B3: 0.31mg (1.54%)