



Cucumber and Tomato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



117 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cucumber diced english seedless
- 1 Handful flat-leaf parsley chopped
- 3 tablespoons olive oil extra-virgin
- 0.5 medium onion red chopped
- 2 tablespoons red wine vinegar
- 4 servings salt and pepper
- 2 vine-ripe tomatoes diced

Equipment

bowl

Directions

Watch how to make this recipe.

Combine all ingredients in a bowl. Dress with vinegar and oil, salt and pepper, to your taste.

Nutrition Facts

PROTEIN 3.22% **FAT 79.79%** **CARBS 16.99%**

Properties

Glycemic Index:24.25, Glycemic Load:0.92, Inflammation Score:-5, Nutrition Score:5.2526087242624%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 116.8kcal (5.84%), Fat: 10.69g (16.44%), Saturated Fat: 1.49g (9.29%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 3.93g (1.43%), Sugar: 2.84g (3.15%), Cholesterol: 0mg (0%), Sodium: 199.54mg (8.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.94%), Vitamin K: 33.78µg (32.18%), Vitamin C: 11.86mg (14.38%), Vitamin A: 636.18IU (12.72%), Vitamin E: 1.87mg (12.44%), Potassium: 229.57mg (6.56%), Manganese: 0.12mg (6.15%), Fiber: 1.19g (4.77%), Vitamin B6: 0.08mg (4.08%), Folate: 15.98µg (4%), Magnesium: 13.82mg (3.45%), Copper: 0.06mg (2.97%), Phosphorus: 28.93mg (2.89%), Vitamin B1: 0.04mg (2.67%), Iron: 0.46mg (2.53%), Vitamin B3: 0.43mg (2.16%), Calcium: 17.37mg (1.74%), Vitamin B5: 0.17mg (1.73%), Vitamin B2: 0.03mg (1.69%), Zinc: 0.22mg (1.44%)