



Cucumber-and-Tomato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



119 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cucumbers
- ☐ 1 small bell pepper green
- ☐ 0.1 teaspoon pepper
- ☐ 1 small purple onion
- ☐ 3 tablespoons red wine vinegar
- ☐ 0.8 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 1 large tomatoes

☐ 0.3 cup vegetable oil

Equipment

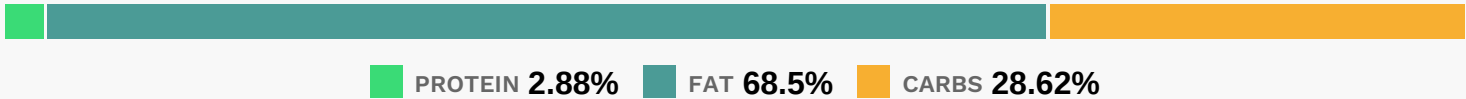
☐ bowl

☐ whisk

Directions

- ☐ Cut cucumbers and tomato in half.
- ☐ Remove seeds. Chop cucumber, tomato, bell pepper, and onion.
- ☐ Whisk together oil and next 4 ingredients in a large bowl until sugar dissolves.
- ☐ Add cucumber mixture, tossing to coat. Cover and chill 3 hours.

Nutrition Facts



Properties

Glycemic Index:24.01, Glycemic Load:3.85, Inflammation Score:-4, Nutrition Score:4.3882608724677%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 119.21kcal (5.96%), Fat: 9.29g (14.3%), Saturated Fat: 1.41g (8.83%), Carbohydrates: 8.74g (2.91%), Net Carbohydrates: 7.54g (2.74%), Sugar: 6.93g (7.7%), Cholesterol: 0mg (0%), Sodium: 221.98mg (9.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.76%), Vitamin K: 24.69µg (23.52%), Vitamin C: 14mg (16.97%), Vitamin E: 0.93mg (6.17%), Manganese: 0.12mg (5.85%), Potassium: 194.92mg (5.57%), Vitamin A: 278.18IU (5.56%), Fiber: 1.2g (4.79%), Vitamin B6: 0.09mg (4.69%), Folate: 17.46µg (4.36%), Copper: 0.08mg (3.98%), Magnesium: 14.09mg (3.52%), Vitamin B1: 0.04mg (2.89%), Phosphorus: 27.55mg (2.75%), Vitamin B5: 0.23mg (2.27%), Iron: 0.32mg (1.78%), Vitamin B2: 0.03mg (1.78%), Calcium: 17.52mg (1.75%), Zinc: 0.2mg (1.36%), Vitamin B3: 0.22mg (1.12%)