



 6%
HEALTH SCORE

Cucumber And Yogurt Salad

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



7

CALORIES



57 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cucumber
- 2 tablespoons mint dried
- 2 cloves garlic minced
- 1 tablespoon olive oil
- 1 cup yogurt plain
- 7 servings salt to taste

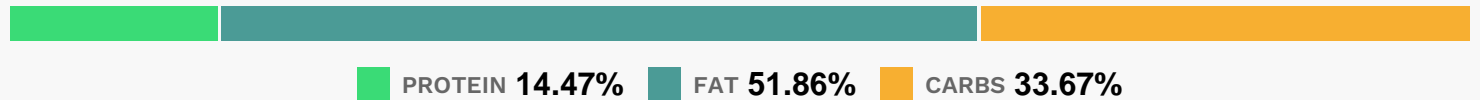
Equipment

- bowl

Directions

- Peel, quarter lengthwise, and seed cucumbers. Slice thinly.
- Mix together with garlic.
- Layer cucumber slices in a salad bowl, sprinkling each layer lightly with salt.
- Let stand for 30 minutes.
- Pour off the liquid that has formed, pressing cucumber firmly. Crumble mint over cucumbers.
- Beat yogurt until smooth; blend in a drizzle of olive oil if desired.
- Pour over cucumbers. Refrigerate until thoroughly chilled.

Nutrition Facts



Properties

Glycemic Index:9.14, Glycemic Load:0.67, Inflammation Score:-3, Nutrition Score:4.3526087034008%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 57.04kcal (2.85%), Fat: 3.38g (5.19%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 4.93g (1.64%), Net Carbohydrates: 3.88g (1.41%), Sugar: 3.41g (3.79%), Cholesterol: 4.55mg (1.52%), Sodium: 214.22mg (9.31%), Alcohol: 0g (100%), Protein: 2.12g (4.24%), Vitamin K: 10.55µg (10.04%), Manganese: 0.16mg (8.13%), Potassium: 241.4mg (6.9%), Calcium: 68.84mg (6.88%), Phosphorus: 62.82mg (6.28%), Folate: 22.9µg (5.72%), Magnesium: 22.6mg (5.65%), Vitamin C: 4.56mg (5.52%), Vitamin B2: 0.09mg (5.25%), Copper: 0.1mg (5.21%), Vitamin B6: 0.1mg (4.96%), Vitamin B5: 0.46mg (4.56%), Fiber: 1.05g (4.22%), Iron: 0.73mg (4.04%), Vitamin B1: 0.05mg (3.54%), Vitamin A: 175.66IU (3.51%), Zinc: 0.45mg (2.98%), Vitamin E: 0.35mg (2.32%), Vitamin B12: 0.13µg (2.16%), Selenium: 1.02µg (1.46%)