



Cucumber Chili Salad

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

75 min.

SERVINGS

servings

4

CALORIES

calories

53 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 serrano chile pepper minced seeded
- ☐ 1 large cucumber halved lengthwise seeded cut into bite-size pieces
- ☐ 0.3 cup mint leaves fresh chopped to taste
- ☐ 1 tablespoon grapeseed oil to taste
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 juice of lime juiced
- ☐ 0.5 onion red sliced thin
- ☐ 1 teaspoon sugar white

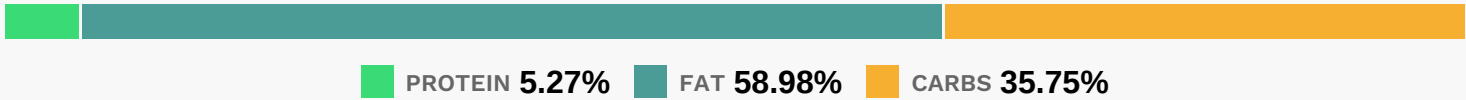
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Toss cucumber, serrano chile pepper, red onion, and mint together in a bowl.
- ☐ Pour lime juice and grapeseed oil over the cucumber mixture; toss to coat.
- ☐ Add sugar, salt, and black pepper; stir.
- ☐ Cover bowl with plastic wrap. Refrigerate for 1 hour.

Nutrition Facts



Properties

Glycemic Index:49.52, Glycemic Load:1.15, Inflammation Score:-3, Nutrition Score:2.9499999744737%

Flavonoids

Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 53.26kcal (2.66%), Fat: 3.67g (5.65%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 5.01g (1.67%), Net Carbohydrates: 3.95g (1.44%), Sugar: 2.73g (3.04%), Cholesterol: 0mg (0%), Sodium: 3.15mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.48%), Vitamin C: 7.08mg (8.58%), Vitamin E: 1.06mg (7.06%), Manganese: 0.12mg (5.94%), Vitamin K: 5.48µg (5.22%), Fiber: 1.06g (4.24%), Folate: 16.73µg (4.18%), Potassium: 145.98mg (4.17%), Vitamin A: 188.5IU (3.77%), Copper: 0.07mg (3.48%), Vitamin B6: 0.07mg (3.33%), Magnesium: 13.13mg (3.28%), Phosphorus: 22.55mg (2.25%), Vitamin B1: 0.03mg (2.21%), Calcium: 21.46mg (2.15%), Vitamin B5: 0.21mg (2.08%), Iron: 0.36mg (1.98%), Vitamin B2: 0.03mg (1.85%), Zinc: 0.18mg (1.23%)