



Cucumber-Dill Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



71 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 tsp pepper black
- 0.5 cup knudsen cream light sour
- 2 large cucumbers sliced
- 2 Tbsp optional: dill fresh chopped
- 1 Tbsp juice of lemon
- 0.3 cup miracle whip dressing light

Equipment

- bowl

Directions

- Mix sour cream, dressing, dill and lemon juice.
- Pour over cucumbers in large bowl; toss to coat.
- Sprinkle with pepper.

Nutrition Facts



PROTEIN 10.45% **FAT 46.08%** **CARBS 43.47%**

Properties

Glycemic Index:15.5, Glycemic Load:0.32, Inflammation Score:-3, Nutrition Score:4.0843478246875%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 70.51kcal (3.53%), Fat: 3.72g (5.72%), Saturated Fat: 2.01g (12.59%), Carbohydrates: 7.89g (2.63%), Net Carbohydrates: 6.56g (2.38%), Sugar: 3.73g (4.15%), Cholesterol: 11.5mg (3.83%), Sodium: 152.43mg (6.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.79%), Vitamin K: 10.43µg (9.93%), Vitamin C: 6.36mg (7.71%), Potassium: 266.16mg (7.6%), Calcium: 62.29mg (6.23%), Manganese: 0.12mg (6.06%), Folate: 23.83µg (5.96%), Copper: 0.11mg (5.33%), Fiber: 1.33g (5.32%), Phosphorus: 51.24mg (5.12%), Magnesium: 20.22mg (5.06%), Vitamin A: 222.44IU (4.45%), Vitamin B2: 0.07mg (4.17%), Vitamin B6: 0.08mg (3.98%), Vitamin B1: 0.06mg (3.74%), Vitamin B5: 0.34mg (3.43%), Zinc: 0.39mg (2.58%), Iron: 0.38mg (2.09%), Vitamin B12: 0.12µg (2.01%), Selenium: 1.04µg (1.49%)