



Cucumber Dressing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



23 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.8 cup cucumber divided peeled chopped (1)
- ☐ 1.5 tablespoons optional: dill fresh chopped
- ☐ 1 teaspoon juice of lemon
- ☐ 0.3 cup mayonnaise low-fat
- ☐ 1 teaspoon onion fresh grated
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream fat-free sour

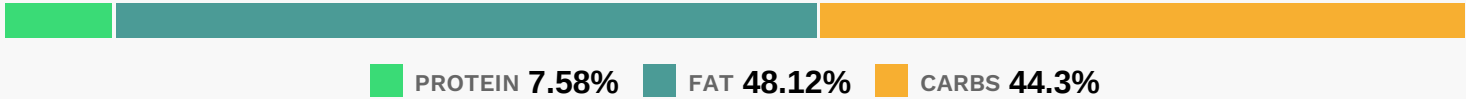
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Place 1/2 cup cucumber, sour cream, and mayonnaise in a blender or food processor; process until smooth.
- ☐ Pour cucumber mixture into a bowl; stir in remaining 1/4 cup cucumber, dill, and remaining ingredients. Cover and chill, if desired.

Nutrition Facts



Properties

Glycemic Index:8.9, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.78782609007929%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 23.38kcal (1.17%), Fat: 1.26g (1.94%), Saturated Fat: 0.2g (1.22%), Carbohydrates: 2.62g (0.87%), Net Carbohydrates: 2.53g (0.92%), Sugar: 0.4g (0.45%), Cholesterol: 1.93mg (0.64%), Sodium: 120.92mg (5.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.89%), Vitamin K: 3.81µg (3.63%), Calcium: 16.57mg (1.66%), Phosphorus: 14.08mg (1.41%), Vitamin B2: 0.02mg (1.18%), Selenium: 0.77µg (1.1%)