



Cucumber & fennel salad



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



105 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large cucumber halved deseeded cut into thin half moons
- ☐ 1 tsp sugar
- ☐ 1 fennel bulb finely sliced
- ☐ 150 ml pot soured cream reduced-fat
- ☐ 1 juice of lemon
- ☐ 1 tbsp citrus champagne vinegar
- ☐ 1 small bunch optional: dill roughly chopped

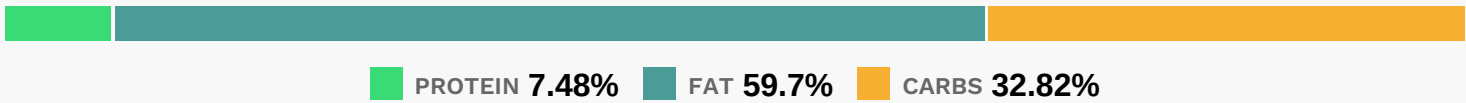
Equipment

☐ sieve

Directions

- ☐ Put cucumber in a sieve.
- ☐ Sprinkle with 1 tsp salt and the sugar, then leave for 10 mins.
- ☐ Add fennel.
- ☐ Mix soured cream, lemon juice, vinegar and dill, then season with black pepper and add to fennel mix.

Nutrition Facts



Properties

Glycemic Index:36.27, Glycemic Load:1.99, Inflammation Score:-4, Nutrition Score:6.8530435562134%

Flavonoids

Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 105.23kcal (5.26%), Fat: 7.33g (11.27%), Saturated Fat: 3.75g (23.42%), Carbohydrates: 9.06g (3.02%), Net Carbohydrates: 6.73g (2.45%), Sugar: 5.75g (6.38%), Cholesterol: 21.51mg (7.17%), Sodium: 43.66mg (1.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.13%), Vitamin K: 42.32µg (40.31%), Vitamin C: 12.72mg (15.42%), Potassium: 394mg (11.26%), Fiber: 2.33g (9.33%), Manganese: 0.17mg (8.63%), Calcium: 76.49mg (7.65%), Vitamin A: 375.65IU (7.51%), Folate: 29.66µg (7.41%), Phosphorus: 72.72mg (7.27%), Vitamin B2: 0.1mg (5.85%), Magnesium: 22.73mg (5.68%), Copper: 0.1mg (4.84%), Vitamin B5: 0.44mg (4.37%), Vitamin B6: 0.08mg (4.1%), Iron: 0.65mg (3.59%), Vitamin E: 0.51mg (3.4%), Selenium: 1.84µg (2.63%), Vitamin B1: 0.04mg (2.45%), Zinc: 0.36mg (2.42%), Vitamin B3: 0.44mg (2.22%), Vitamin B12: 0.08µg (1.28%)