



Cucumber Mint Relish



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



49 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 cups cucumber diced peeled seeded finely (2 large)
- ☐ 2 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 2 tablespoons mint leaves fresh finely chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.3 cup mayonnaise light
- ☐ 0.3 teaspoon salt

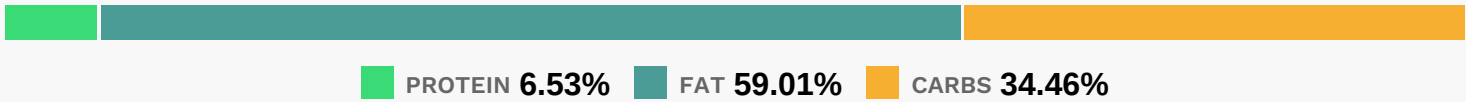
Equipment

☐ bowl

Directions

☐ Stir together all ingredients in a bowl; cover and chill 30 minutes.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.25, Inflammation Score:-4, Nutrition Score:5.0239130725031%

Flavonoids

Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.44mg, Apigenin: 4.44mg, Apigenin: 4.44mg, Apigenin: 4.44mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 49.13kcal (2.46%), Fat: 3.32g (5.11%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 4.36g (1.45%), Net Carbohydrates: 3.3g (1.2%), Sugar: 2.01g (2.23%), Cholesterol: 2.24mg (0.75%), Sodium: 265.11mg (11.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.65%), Vitamin K: 47.7µg (45.43%), Vitamin C: 8.74mg (10.6%), Vitamin A: 357.46IU (7.15%), Manganese: 0.12mg (6.16%), Folate: 21.25µg (5.31%), Potassium: 171.66mg (4.9%), Copper: 0.09mg (4.38%), Fiber: 1.06g (4.24%), Magnesium: 15.77mg (3.94%), Vitamin B6: 0.06mg (2.96%), Iron: 0.51mg (2.84%), Vitamin B5: 0.27mg (2.72%), Phosphorus: 26.59mg (2.66%), Calcium: 25.18mg (2.52%), Vitamin B1: 0.04mg (2.48%), Vitamin E: 0.36mg (2.4%), Vitamin B2: 0.03mg (2.04%), Zinc: 0.23mg (1.56%)