



Cucumber, Mustard, and Dill Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



50 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large cucumber seedless peeled (usually plastic-wrapped; 1 lb)
- ☐ 2 teaspoons dijon mustard
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 1 tablespoon mild olive oil
- ☐ 0.5 teaspoon salt to taste
- ☐ 1.5 teaspoons sugar
- ☐ 2 teaspoons white-wine vinegar

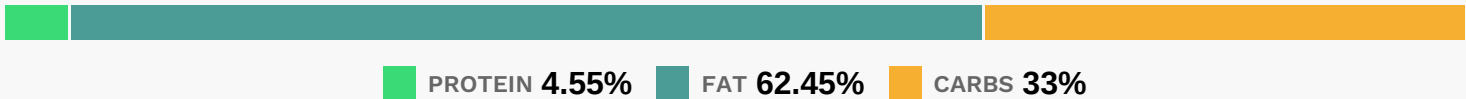
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together vinegar, mustard, salt, and sugar in a bowl, then add oil in a slow stream, whisking.
- ☐ Halve cucumber lengthwise and remove seeds with a small spoon, then cut halves crosswise into 1/8-inch-thick slices.
- ☐ Add cucumber and dill to vinaigrette, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:29.27, Glycemic Load:1.06, Inflammation Score:-1, Nutrition Score:2.2665217311486%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 50.05kcal (2.5%), Fat: 3.67g (5.65%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 4.37g (1.46%), Net Carbohydrates: 3.88g (1.41%), Sugar: 2.79g (3.09%), Cholesterol: 0mg (0%), Sodium: 320.09mg (13.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.2%), Vitamin K: 14.44µg (13.76%), Manganese: 0.07mg (3.71%), Vitamin E: 0.54mg (3.57%), Potassium: 116.58mg (3.33%), Magnesium: 11.17mg (2.79%), Vitamin C: 2.29mg (2.78%), Phosphorus: 21.03mg (2.1%), Vitamin B5: 0.2mg (2.03%), Fiber: 0.49g (1.95%), Vitamin A: 95.96IU (1.92%), Vitamin B1: 0.03mg (1.67%), Copper: 0.03mg (1.67%), Iron: 0.3mg (1.65%), Vitamin B2: 0.03mg (1.6%), Vitamin B6: 0.03mg (1.6%), Selenium: 1.08µg (1.55%), Calcium: 14.37mg (1.44%), Folate: 5.72µg (1.43%), Zinc: 0.17mg (1.13%)