



Cucumber Pea Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



5

CALORIES



306 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cucumber peeled halved lengthwise sliced
- 0.5 cup mayonnaise
- 1 tablespoon milk
- 6 ounces monterrey jack cheese cubed
- 0.8 cup peas frozen thawed

Equipment

- bowl
- whisk

Directions

- Combine the cucumber, peas, and Monterey Jack cheese in a bowl.
- Whisk the mayonnaise and milk together in a small bowl; pour the dressing over the salad. Stir to coat.

Nutrition Facts

 **PROTEIN 13.29%**  **FAT 80.28%**  **CARBS 6.43%**

Properties

Glycemic Index:34.87, Glycemic Load:1.15, Inflammation Score:-5, Nutrition Score:9.273913025856%

Nutrients (% of daily need)

Calories: 305.83kcal (15.29%), Fat: 27.34g (42.06%), Saturated Fat: 9.2g (57.48%), Carbohydrates: 4.93g (1.64%), Net Carbohydrates: 3.27g (1.19%), Sugar: 2.5g (2.78%), Cholesterol: 40.05mg (13.35%), Sodium: 349.78mg (15.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.18g (20.36%), Vitamin K: 47.09µg (44.84%), Calcium: 273.1mg (27.31%), Phosphorus: 194.87mg (19.49%), Vitamin C: 10.62mg (12.87%), Vitamin B2: 0.18mg (10.87%), Vitamin A: 490.62IU (9.81%), Zinc: 1.44mg (9.59%), Selenium: 5.96µg (8.51%), Folate: 29.78µg (7.45%), Manganese: 0.14mg (6.92%), Fiber: 1.66g (6.64%), Magnesium: 24.15mg (6.04%), Vitamin E: 0.87mg (5.81%), Vitamin B1: 0.09mg (5.7%), Vitamin B12: 0.33µg (5.42%), Potassium: 171.21mg (4.89%), Vitamin B6: 0.1mg (4.89%), Copper: 0.1mg (4.8%), Iron: 0.74mg (4.13%), Vitamin B5: 0.29mg (2.88%), Vitamin B3: 0.51mg (2.56%), Vitamin D: 0.28µg (1.88%)