



Cucumber-Radish Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



186 kcal

SIDE DISH

Ingredients

- 0.3 cup cucumber peeled finely chopped
- 0.3 cup mayonnaise
- 0.3 teaspoon pepper
- 3 small radishes diced
- 0.3 teaspoon salt
- 0.5 cup cup heavy whipping cream sour

Equipment

Directions

- Stir together all ingredients; chill 1 hour.
- Serve with mixed greens.

Nutrition Facts

PROTEIN 2.07% **FAT 94.07%** **CARBS 3.86%**

Properties

Glycemic Index:32.25, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:2.8521739425867%

Flavonoids

Pelargonidin: 0.95mg, Pelargonidin: 0.95mg, Pelargonidin: 0.95mg, Pelargonidin: 0.95mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 185.74kcal (9.29%), Fat: 19.56g (30.1%), Saturated Fat: 5.09g (31.82%), Carbohydrates: 1.81g (0.6%), Net Carbohydrates: 1.67g (0.61%), Sugar: 1.27g (1.41%), Cholesterol: 24.8mg (8.27%), Sodium: 273.62mg (11.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.94%), Vitamin K: 31.88µg (30.36%), Vitamin E: 0.73mg (4.84%), Vitamin A: 200.01IU (4%), Calcium: 33.1mg (3.31%), Vitamin B2: 0.06mg (3.26%), Phosphorus: 28.59mg (2.86%), Selenium: 1.52µg (2.17%), Potassium: 59.93mg (1.71%), Vitamin B5: 0.16mg (1.6%), Manganese: 0.03mg (1.5%), Vitamin B12: 0.08µg (1.38%), Magnesium: 4.76mg (1.19%), Folate: 4.61µg (1.15%), Vitamin B6: 0.02mg (1.02%), Vitamin C: 0.84mg (1.01%)