



Cucumber, Red Onion, and Basil Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



84 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup basil leaves thinly sliced
- 0.5 teaspoon pepper black freshly ground
- 5 cups cucumbers english thinly sliced
- 2 tablespoons juice of lemon fresh
- 2 tablespoons olive oil extra-virgin
- 0.5 teaspoon salt

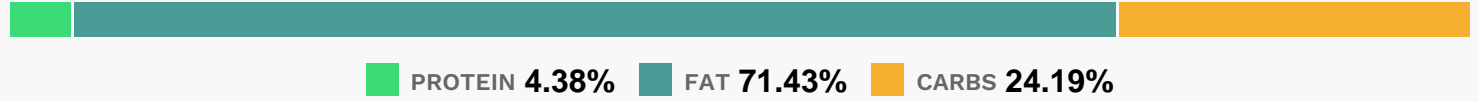
Equipment

- bowl

Directions

Combine all ingredients in a large bowl. Cover and chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:4.8682609200478%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 84.35kcal (4.22%), Fat: 7.19g (11.06%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 5.48g (1.83%), Net Carbohydrates: 4.69g (1.71%), Sugar: 2.37g (2.63%), Cholesterol: 0mg (0%), Sodium: 293.67mg (12.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Vitamin K: 38.39µg (36.56%), Vitamin C: 7.08mg (8.58%), Manganese: 0.17mg (8.53%), Vitamin E: 1.08mg (7.23%), Potassium: 211.13mg (6.03%), Vitamin A: 296.57IU (5.93%), Magnesium: 19.7mg (4.93%), Vitamin B5: 0.36mg (3.56%), Copper: 0.07mg (3.48%), Phosphorus: 33.88mg (3.39%), Folate: 12.68µg (3.17%), Fiber: 0.78g (3.13%), Vitamin B6: 0.06mg (3.04%), Iron: 0.53mg (2.95%), Calcium: 27.92mg (2.79%), Vitamin B2: 0.05mg (2.75%), Vitamin B1: 0.04mg (2.55%), Zinc: 0.29mg (1.95%)