



Cucumber Relish

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



110 kcal

SIDE DISH

Ingredients

- 1 large cucumber grated peeled seeded
- 1 tablespoon parsley fresh chopped
- 1 teaspoons juice of lemon fresh
- 1 teaspoon lemon rind grated
- 0.3 cup mayonnaise
- 0.3 cup onion red minced
- 0.3 cup cup heavy whipping cream sour

Equipment

bowl

Directions

Combine ingredients in a small bowl. Cover and chill until ready to serve.

Nutrition Facts

 **PROTEIN 3.03%**  **FAT 87.08%**  **CARBS 9.89%**

Properties

Glycemic Index:24.8, Glycemic Load:0.33, Inflammation Score:-2, Nutrition Score:3.4769564530124%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 109.55kcal (5.48%), Fat: 10.72g (16.49%), Saturated Fat: 2.48g (15.53%), Carbohydrates: 2.74g (0.91%), Net Carbohydrates: 2.14g (0.78%), Sugar: 1.62g (1.8%), Cholesterol: 11.49mg (3.83%), Sodium: 76.61mg (3.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin K: 35.61µg (33.92%), Vitamin C: 4.45mg (5.4%), Vitamin A: 187.06IU (3.74%), Potassium: 110.56mg (3.16%), Folate: 12.08µg (3.02%), Vitamin E: 0.44mg (2.92%), Manganese: 0.05mg (2.73%), Phosphorus: 25.76mg (2.58%), Copper: 0.05mg (2.44%), Fiber: 0.6g (2.4%), Calcium: 23.89mg (2.39%), Magnesium: 9.3mg (2.33%), Vitamin B2: 0.04mg (2.29%), Vitamin B6: 0.05mg (2.28%), Vitamin B5: 0.21mg (2.08%), Vitamin B1: 0.03mg (1.71%), Iron: 0.23mg (1.25%), Zinc: 0.17mg (1.16%), Selenium: 0.78µg (1.12%)