

Cucumber Salad

 Vegetarian  Gluten Free

READY IN



130 min.

SERVINGS



12

CALORIES



54 kcal

SIDE DISH

Ingredients

- 4 medium cucumbers diced peeled
- 1 tablespoon dill weed dried
- 2 cloves garlic minced
- 8 ounce cup heavy whipping cream sour reduced-fat
- 8 ounce vanilla yogurt low-fat
- 0.5 cup onion diced
- 12 servings salt and pepper to taste

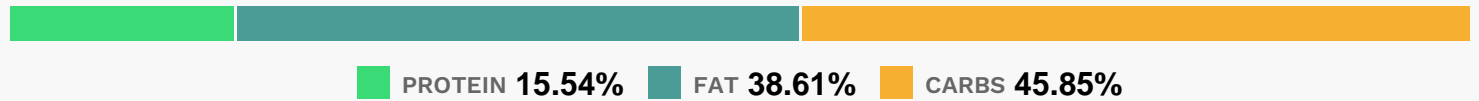
Equipment

paper towels

Directions

- Drain cucumbers for a few minutes on paper towels. In a serving dish, stir together the yogurt, sour cream, onion, garlic, and dill.
- Add cucumbers, and gently mix to coat. Season with salt and pepper. Refrigerate for a couple of hours before serving for best flavor.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0.33, Inflammation Score:-2, Nutrition Score:3.0982608665591%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 53.85kcal (2.69%), Fat: 2.37g (3.64%), Saturated Fat: 1.41g (8.83%), Carbohydrates: 6.32g (2.11%), Net Carbohydrates: 5.7g (2.07%), Sugar: 3.86g (4.29%), Cholesterol: 7.56mg (2.52%), Sodium: 224.16mg (9.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.29%), Calcium: 75.37mg (7.54%), Phosphorus: 57.06mg (5.71%), Potassium: 192.63mg (5.5%), Vitamin K: 4.97µg (4.74%), Vitamin B2: 0.08mg (4.73%), Vitamin C: 3.24mg (3.93%), Manganese: 0.08mg (3.85%), Magnesium: 14.88mg (3.72%), Folate: 14.82µg (3.7%), Vitamin B6: 0.06mg (3.25%), Vitamin B12: 0.18µg (2.99%), Copper: 0.06mg (2.93%), Vitamin B5: 0.28mg (2.76%), Vitamin B1: 0.04mg (2.76%), Vitamin A: 133.16IU (2.66%), Zinc: 0.39mg (2.61%), Fiber: 0.63g (2.51%), Selenium: 1.68µg (2.41%), Iron: 0.32mg (1.78%)