

Cucumber Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



18 min.

SERVINGS



12

CALORIES



84 kcal

SIDE DISH

Ingredients



2 rib celery thinly sliced



1 teaspoon celery seed



3 large cucumbers seedless thinly sliced



1 small bell pepper green thinly sliced



0.5 teaspoon mustard seed



1 small bell pepper red thinly sliced



1 large onion red thinly sliced



1.5 tablespoons salt

- ☐ 1 cup sugar
- ☐ 1 cup vinegar white

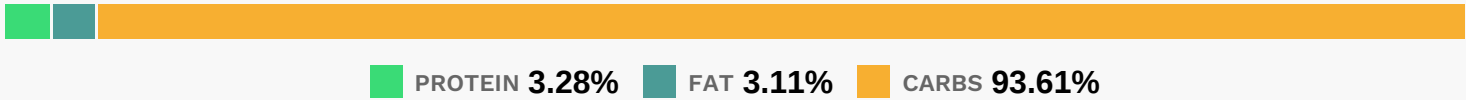
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine first 6 ingredients in a large glass bowl; let stand at room temperature, stirring occasionally, 1 hour.
- ☐ Drain.
- ☐ Bring sugar and next 3 ingredients to a boil in a medium saucepan over medium-high heat. Boil, stirring constantly, 1 minute or until sugar is dissolved.
- ☐ Let stand 1 hour.
- ☐ Pour evenly over vegetables. Cover and chill 2 hours.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:12.08, Inflammation Score:-3, Nutrition Score:3.1795652301415%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 84.21kcal (4.21%), Fat: 0.29g (0.45%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 19.74g (6.58%), Net Carbohydrates: 18.83g (6.85%), Sugar: 18.42g (20.46%), Cholesterol: 0mg (0%), Sodium: 875.26mg (38.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.38%), Vitamin C: 15.81mg (19.17%), Vitamin K: 5.89µg (5.61%), Manganese: 0.11mg (5.39%), Vitamin A: 267.35IU (5.35%), Vitamin B6: 0.08mg (4.03%), Potassium: 137.01mg (3.91%), Folate: 15.27µg (3.82%), Fiber: 0.92g (3.67%), Copper: 0.06mg (3.23%), Magnesium: 12.12mg

(3.03%), Phosphorus: 23.03mg (2.3%), Vitamin B1: 0.03mg (2.29%), Vitamin B5: 0.21mg (2.06%), Iron: 0.33mg (1.83%), Calcium: 18.28mg (1.83%), Vitamin B2: 0.03mg (1.82%), Zinc: 0.18mg (1.22%), Vitamin E: 0.15mg (1.01%)