



## Cucumber Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



190 min.

SERVINGS



6

CALORIES



26 kcal

SIDE DISH

### Ingredients

- 2 medium cucumber thinly sliced
- 0.3 cup vinegar white
- 6 servings optional: dill fresh chopped
- 0.1 teaspoon pepper
- 0.5 teaspoon salt
- 2 tablespoons sugar
- 0.3 cup water

### Equipment

bowl

## Directions

- Place cucumbers in small glass or plastic bowl.
- In tightly covered container, shake remaining ingredients except dill weed.
- Pour over cucumbers. Cover and refrigerate at least 3 hours to blend flavors.
- Drain cucumbers.
- Sprinkle with dill weed. Store covered in refrigerator.

## Nutrition Facts



**PROTEIN 6.56%** **FAT 4.48%** **CARBS 88.96%**

## Properties

Glycemic Index:30.35, Glycemic Load:2.95, Inflammation Score:-1, Nutrition Score:1.4747826068298%

## Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 26.14kcal (1.31%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 5.47g (1.82%), Net Carbohydrates: 4.99g (1.81%), Sugar: 4.92g (5.47%), Cholesterol: 0mg (0%), Sodium: 196.18mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.81%), Vitamin K: 4.89µg (4.66%), Manganese: 0.06mg (3.2%), Vitamin C: 2.23mg (2.7%), Potassium: 92.82mg (2.65%), Copper: 0.05mg (2.58%), Folate: 9.54µg (2.38%), Magnesium: 8.44mg (2.11%), Fiber: 0.48g (1.93%), Vitamin B6: 0.03mg (1.72%), Vitamin B5: 0.16mg (1.62%), Phosphorus: 14.77mg (1.48%), Vitamin B1: 0.02mg (1.39%), Calcium: 11.18mg (1.12%), Vitamin A: 56.19IU (1.12%), Vitamin B2: 0.02mg (1.05%)