

Cucumber Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



300 min.

SERVINGS



8

CALORIES



48 kcal

SIDE DISH

Ingredients



8 servings boston lettuce leaves



2 cucumber seedless



2 teaspoons coarse mustard



2 tablespoons olive oil extra virgin extra-virgin



1 tablespoon sugar



0.3 cup vinegar white

Equipment



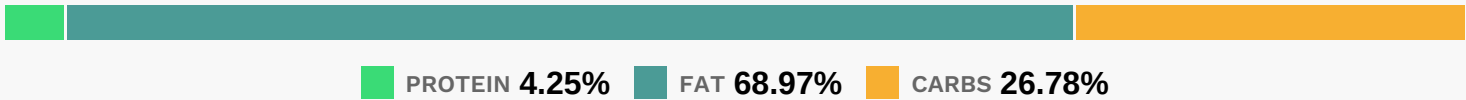
bowl

- ☐ whisk
- ☐ colander

Directions

- ☐ Cut cucumbers into thin (1/16-inch) rounds with slicer. Toss with 2 teaspoons salt in a colander, then drain 30 minutes. Squeeze excess liquid from cucumbers.
- ☐ Whisk together sugar, vinegar, and mustard in a large bowl, then stir in cucumbers. Marinate, chilled, at least 2 hours.
- ☐ Drain cucumbers, reserving marinade, and mound on lettuce.
- ☐ Whisk oil into reserved marinade and drizzle over salad.
- ☐ Cucumbers can be marinated, chilled, up to 1 day.

Nutrition Facts



Properties

Glycemic Index:20.89, Glycemic Load:1.22, Inflammation Score:-1, Nutrition Score:2.0026087061219%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 48.04kcal (2.4%), Fat: 3.67g (5.64%), Saturated Fat: 0.5g (3.1%), Carbohydrates: 3.21g (1.07%), Net Carbohydrates: 2.62g (0.95%), Sugar: 2.56g (2.85%), Cholesterol: 0mg (0%), Sodium: 15.54mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.02%), Vitamin K: 8.55µg (8.14%), Vitamin E: 0.53mg (3.55%), Manganese: 0.07mg (3.31%), Potassium: 106.48mg (3.04%), Vitamin C: 2.44mg (2.96%), Folate: 11.32µg (2.83%), Copper: 0.05mg (2.75%), Magnesium: 9.81mg (2.45%), Fiber: 0.59g (2.36%), Vitamin B6: 0.04mg (2%), Vitamin B5: 0.19mg (1.85%), Phosphorus: 17.75mg (1.77%), Vitamin A: 88.01IU (1.76%), Vitamin B1: 0.03mg (1.75%), Iron: 0.22mg (1.22%), Calcium: 12.17mg (1.22%), Vitamin B2: 0.02mg (1.2%)