

Cucumber Salad with Grapes and Almonds

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



140 kcal

SIDE DISH

Ingredients

- 0.3 cup blanched almonds and
- 1 pound cucumber peeled unpeeled
- 4 servings kosher salt
- 1 teaspoon garlic minced
- 20 grapes green sliced in half
- 2 tablespoons olive oil extra virgin
- 1 teaspoon citrus champagne vinegar
- 2 teaspoons chives minced for garnish

Equipment

- bowl
- frying pan
- paper towels

Directions

- Prep the cucumbers: Slice the cucumbers in half lengthwise. Use a spoon to scoop out the seeds in the middle, discard the seeds. If using rather large cucumbers, slice them again lengthwise. Then cut them crosswise into 1/4-inch to 1/2 inch slices.
- Place in a large bowl and sprinkle with a teaspoon of kosher salt. Toss to distribute the salt evenly around the cucumber pieces.
- Let sit for 20 to 25 minutes while the salt helps pull excess moisture out of the cucumbers.
- Then rinse off the salt, drain the cucumbers, and squeeze out more excess moisture with paper towels.
- the slivered almonds in a small pan over medium-high heat, tossing them often, until they start to brown and smell good. Move to a bowl to cool.
- Mix the cucumbers, almonds, garlic, grapes, olive oil, and vinegar together in a large bowl and add more salt to taste.
- Garnish with chives and serve.

Nutrition Facts

  
 **PROTEIN 7.03%**  **FAT 69.31%**  **CARBS 23.66%**

Properties

Glycemic Index:34, Glycemic Load:2.3, Inflammation Score:-3, Nutrition Score:5.862608746342%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 140.34kcal (7.02%), Fat: 11.33g (17.43%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 8.71g (2.9%), Net Carbohydrates: 6.89g (2.5%), Sugar: 5.82g (6.46%), Cholesterol: 0mg (0%), Sodium: 198.42mg (8.63%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.59g (5.17%), Vitamin E: 2.95mg (19.64%), Vitamin K: 17.11µg (16.29%), Manganese: 0.26mg (12.97%), Copper: 0.2mg (9.79%), Magnesium: 36.75mg (9.19%), Potassium: 258.54mg (7.39%), Fiber: 1.82g (7.28%), Phosphorus: 67.93mg (6.79%), Vitamin B2: 0.1mg (6.05%), Vitamin C: 4.96mg (6.01%), Folate: 20.75µg (5.19%), Vitamin B6: 0.1mg (4.92%), Vitamin B1: 0.07mg (4.61%), Calcium: 38.9mg (3.89%), Iron: 0.66mg (3.68%), Vitamin B5: 0.32mg (3.15%), Zinc: 0.45mg (3.03%), Vitamin A: 120.53IU (2.41%), Vitamin B3: 0.37mg (1.85%)