



Cucumber Salad with Oranges And Mint



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



64 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce mandarin orange segments drained canned
- ☐ 1 cucumber english sliced into rounds
- ☐ 0.3 cup mint leaves fresh
- ☐ 4 servings ground pepper black
- ☐ 2 teaspoons olive oil
- ☐ 4 servings salt
- ☐ 1 tablespoon sherry vinegar

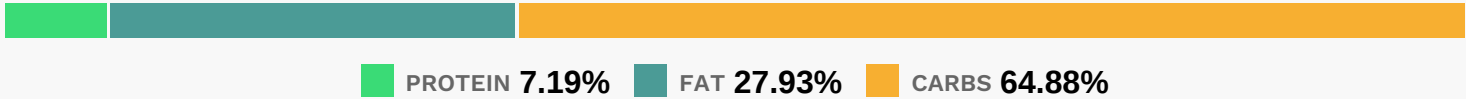
Equipment

☐ bowl

Directions

☐ In a large bowl, combine cucumber, oranges, mint, vinegar, and oil. Toss to combine. Season, to taste, with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-7, Nutrition Score:6.293043460535%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 64.18kcal (3.21%), Fat: 2.15g (3.3%), Saturated Fat: 0.32g (1.97%), Carbohydrates: 11.22g (3.74%), Net Carbohydrates: 9.57g (3.48%), Sugar: 8.27g (9.19%), Cholesterol: 0mg (0%), Sodium: 200.77mg (8.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.49%), Vitamin C: 31.84mg (38.6%), Vitamin A: 1314.61IU (26.29%), Vitamin K: 13.67µg (13.02%), Potassium: 244.77mg (6.99%), Fiber: 1.65g (6.58%), Vitamin B1: 0.1mg (6.5%), Magnesium: 21.68mg (5.42%), Manganese: 0.11mg (5.37%), Zinc: 0.63mg (4.23%), Copper: 0.08mg (3.84%), Vitamin B6: 0.07mg (3.52%), Iron: 0.62mg (3.46%), Vitamin B2: 0.06mg (3.46%), Folate: 12.73µg (3.18%), Phosphorus: 29.87mg (2.99%), Calcium: 29.85mg (2.98%), Vitamin E: 0.44mg (2.93%), Vitamin B3: 0.5mg (2.51%), Vitamin B5: 0.21mg (2.05%)