

Cucumber Salsa



Vegetarian



Gluten Free

READY IN



135 min.

SERVINGS



3

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cucumbers peeled seeded chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 cup yogurt plain
- ☐ 0.5 teaspoon salt
- ☐ 1 cup heavy whipping cream sour

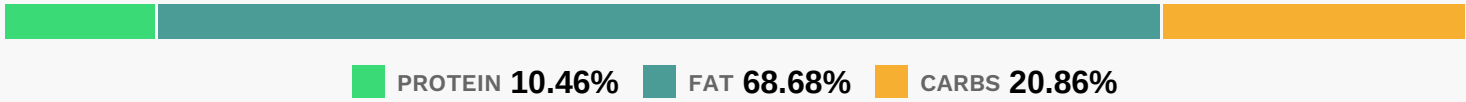
Equipment

bowl

Directions

- In a medium bowl, combine the cucumber, sour cream, yogurt, parsley, cilantro, cumin and salt.
- Mix well. Cover and refrigerate for 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:34.33, Glycemic Load:1.22, Inflammation Score:-7, Nutrition Score:14.061738965304%

Flavonoids

Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 230.22kcal (11.51%), Fat: 18.04g (27.76%), Saturated Fat: 9.5g (59.36%), Carbohydrates: 12.34g (4.11%), Net Carbohydrates: 10.66g (3.88%), Sugar: 9.25g (10.28%), Cholesterol: 55.85mg (18.62%), Sodium: 457.45mg (19.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.18g (12.36%), Vitamin K: 101.88µg (97.03%), Vitamin A: 1222.12IU (24.44%), Calcium: 218.49mg (21.85%), Phosphorus: 184.72mg (18.47%), Vitamin B2: 0.3mg (17.88%), Vitamin C: 14.56mg (17.65%), Potassium: 541.06mg (15.46%), Folate: 46.81µg (11.7%), Magnesium: 46.76mg (11.69%), Vitamin B5: 1.08mg (10.83%), Manganese: 0.19mg (9.73%), Copper: 0.18mg (8.98%), Vitamin B6: 0.17mg (8.45%), Zinc: 1.17mg (7.79%), Vitamin B12: 0.46µg (7.72%), Vitamin B1: 0.11mg (7.36%), Iron: 1.31mg (7.3%), Selenium: 4.89µg (6.98%), Fiber: 1.67g (6.69%), Vitamin E: 0.49mg (3.29%), Vitamin B3: 0.32mg (1.59%)