



Cucumber Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



257 kcal

SAUCE

Ingredients

- ☐ 0.5 cup cucumber peeled finely chopped
- ☐ 0.3 teaspoon curry powder
- ☐ 1 Dash hot sauce
- ☐ 3 tablespoons juice of lemon
- ☐ 1 cup mayonnaise

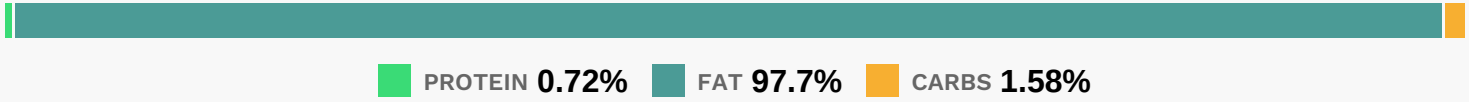
Equipment

- ☐ paper towels
- ☐ mixing bowl

Directions

- ☐ Pat cucumber between paper towels to remove moisture, and set aside.
- ☐ Combine remaining ingredients in a small mixing bowl. Stir cucumber into mayonnaise mixture; mix well. Cover; chill thoroughly before serving.
- ☐ Serve sauce cold with poached fish.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:3.7017391016302%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 257.12kcal (12.86%), Fat: 27.97g (43.03%), Saturated Fat: 4.37g (27.34%), Carbohydrates: 1.02g (0.34%), Net Carbohydrates: 0.89g (0.32%), Sugar: 0.56g (0.62%), Cholesterol: 15.68mg (5.23%), Sodium: 237.85mg (10.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.92%), Vitamin K: 61.73µg (58.8%), Vitamin E: 1.26mg (8.38%), Vitamin C: 3.28mg (3.97%), Selenium: 0.89µg (1.27%), Folate: 5.05µg (1.26%), Phosphorus: 11.06mg (1.11%), Vitamin B5: 0.1mg (1.01%)