



Cucumber Slices With Dill



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



8

CALORIES



122 kcal

SIDE DISH

Ingredients

- ☐ 4 large cucumbers sliced
- ☐ 1 tablespoon dill weed dried
- ☐ 1 onion thinly sliced
- ☐ 1 teaspoon salt
- ☐ 0.5 cup water
- ☐ 1 cup sugar white
- ☐ 0.5 cup vinegar white

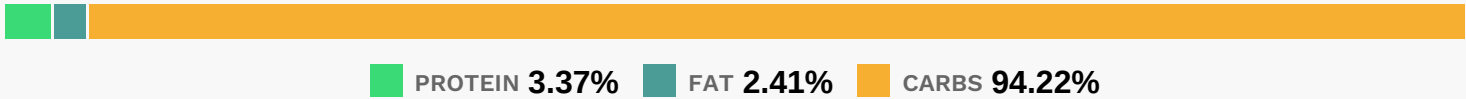
Equipment

bowl

Directions

- In a large serving bowl, combine cucumbers, onions and dill. In a medium size bowl combine sugar, vinegar, water and salt; stir until the sugar dissolves.
- Pour the liquid mixture over the cucumber mixture. Cover and refrigerate at least 2 hours before serving (the longer this dish marinates the tastier it is!).

Nutrition Facts



Properties

Glycemic Index:20.26, Glycemic Load:18.05, Inflammation Score:-3, Nutrition Score:3.5269565141719%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 122.37kcal (6.12%), Fat: 0.33g (0.51%), Saturated Fat: 0.02g (0.16%), Carbohydrates: 29.42g (9.81%), Net Carbohydrates: 28.16g (10.24%), Sugar: 27.47g (30.52%), Cholesterol: 0mg (0%), Sodium: 296.12mg (12.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.1%), Vitamin K: 10.14µg (9.65%), Manganese: 0.15mg (7.26%), Vitamin C: 5.68mg (6.89%), Potassium: 223.76mg (6.39%), Copper: 0.11mg (5.59%), Folate: 22.21µg (5.55%), Fiber: 1.26g (5.06%), Magnesium: 20.18mg (5.05%), Vitamin B6: 0.09mg (4.72%), Phosphorus: 36.06mg (3.61%), Vitamin B5: 0.35mg (3.53%), Vitamin B1: 0.05mg (3.42%), Calcium: 31.28mg (3.13%), Iron: 0.54mg (3%), Vitamin B2: 0.04mg (2.62%), Vitamin A: 123.01IU (2.46%), Zinc: 0.28mg (1.87%)