



## Cucumber, Tomato and Red Onion Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



100 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup basil-infused olive oil
- 0.5 cucumber seedless cut into 1/3-inch dice
- 6 servings kosher salt and freshly cracked pepper black
- 2 tablespoons juice of lemon freshly squeezed
- 0.3 small onion red cut into thin slices
- 1 pound roma tomatoes cut into 1/3-inch dice

### Equipment

- bowl

whisk

## Directions

Watch how to make this recipe.

In a small bowl, soak the onion slices in icy cold water for 15 minutes.

Remove from the water and pat dry. In a large bowl, add the onions, cucumbers and tomatoes and toss to combine.

In a small bowl, whisk together the lemon juice, olive oil and salt and pepper, to taste.

Pour over the salad and serve immediately.

## Nutrition Facts

 **PROTEIN 3.42%**  **FAT 78.95%**  **CARBS 17.63%**

## Properties

Glycemic Index:10.83, Glycemic Load:0.87, Inflammation Score:-5, Nutrition Score:4.3847826576751%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg 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: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

## Nutrients (% of daily need)

Calories: 99.85kcal (4.99%), Fat: 9.2g (14.15%), Saturated Fat: 1.28g (7.98%), Carbohydrates: 4.62g (1.54%), Net Carbohydrates: 3.5g (1.27%), Sugar: 2.73g (3.03%), Cholesterol: 0mg (0%), Sodium: 198.48mg (8.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.79%), Vitamin C: 13.33mg (16.16%), Vitamin K: 15.51µg (14.77%), Vitamin A: 656.38IU (13.13%), Vitamin E: 1.72mg (11.47%), Potassium: 227.89mg (6.51%), Manganese: 0.11mg (5.65%), Fiber: 1.13g (4.5%), Vitamin B6: 0.08mg (3.91%), Folate: 14.96µg (3.74%), Magnesium: 12.33mg (3.08%), Copper: 0.06mg (2.88%), Phosphorus: 25.87mg (2.59%), Vitamin B1: 0.04mg (2.54%), Vitamin B3: 0.48mg (2.42%), Iron: 0.34mg (1.89%), Vitamin B2: 0.02mg (1.45%), Vitamin B5: 0.14mg (1.44%), Calcium: 13.12mg (1.31%), Zinc: 0.19mg (1.26%)