



Cucumber, Tomato, and Red Onion Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



35 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 large cucumbers peeled sliced
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 juice of lime fresh
- ☐ 1 large onion red chopped
- ☐ 6 servings salt to taste
- ☐ 4 tomatoes cut into 8 wedges

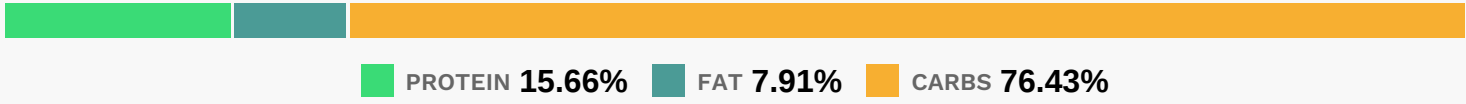
Equipment

- ☐ bowl

Directions

☐ Mix the tomatoes, cucumbers, red onion, cilantro, and lime juice together in a bowl. Season with salt to serve.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:1.42, Inflammation Score:-6, Nutrition Score:5.8521738998268%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 34.7kcal (1.73%), Fat: 0.34g (0.52%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 7.36g (2.45%), Net Carbohydrates: 5.38g (1.95%), Sugar: 4.31g (4.79%), Cholesterol: 0mg (0%), Sodium: 200.9mg (8.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.02%), Vitamin C: 17.26mg (20.92%), Vitamin A: 798.11IU (15.96%), Vitamin K: 15.37µg (14.64%), Potassium: 357.4mg (10.21%), Manganese: 0.19mg (9.48%), Fiber: 1.99g (7.95%), Folate: 29.76µg (7.44%), Vitamin B6: 0.14mg (6.9%), Copper: 0.12mg (6.24%), Magnesium: 22.63mg (5.66%), Vitamin B1: 0.07mg (4.63%), Phosphorus: 45.62mg (4.56%), Vitamin E: 0.5mg (3.35%), Vitamin B5: 0.33mg (3.29%), Vitamin B3: 0.56mg (2.79%), Vitamin B2: 0.05mg (2.69%), Iron: 0.48mg (2.68%), Calcium: 26.75mg (2.68%), Zinc: 0.34mg (2.25%)