



Cucumber, Tomato and Red Onion Salad with Mint

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



103 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 large cucumbers halved lengthwise seeded sliced
- 0.5 cup mint leaves fresh chopped
- 1 tablespoon splenda® no calorie sweetener
- 3 tablespoons olive oil
- 0.7 cup onion red coarsely chopped
- 0.3 cup red wine vinegar
- 1 teaspoon salt

- 6 servings salt and pepper to taste
- 3 large tomatoes seeded coarsely chopped

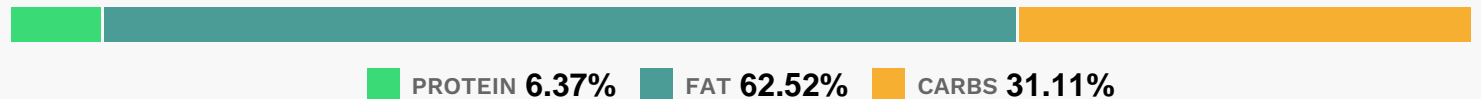
Equipment

- bowl

Directions

- In a large bowl, toss together the cucumbers, vinegar, SLENDA® Granulated Sweetener and salt.
- Let stand at room temperature for an hour, stirring occasionally.
- Add tomatoes, onion, mint and oil to cucumbers and toss to blend. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:1.73, Inflammation Score:-7, Nutrition Score:7.0647826816725%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 103.4kcal (5.17%), Fat: 7.38g (11.36%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 8.27g (2.76%), Net Carbohydrates: 5.92g (2.15%), Sugar: 4.84g (5.37%), Cholesterol: 0mg (0%), Sodium: 590.86mg (25.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.39%), Vitamin C: 18.03mg (21.85%), Vitamin A: 984.89IU (19.7%), Vitamin K: 18.19µg (17.33%), Manganese: 0.25mg (12.33%), Potassium: 395.28mg (11.29%), Vitamin E: 1.53mg (10.21%), Fiber: 2.35g (9.39%), Folate: 34.37µg (8.59%), Vitamin B6: 0.15mg (7.33%), Copper: 0.14mg (7.05%), Magnesium: 26.53mg (6.63%), Phosphorus: 50.4mg (5.04%), Vitamin B1: 0.07mg (4.92%), Iron: 0.78mg (4.35%),

Calcium: 36.59mg (3.66%), Vitamin B5: 0.34mg (3.4%), Vitamin B3: 0.66mg (3.3%), Vitamin B2: 0.06mg (3.26%),
Zinc: 0.39mg (2.6%)