



Cucumber, Tomato, Mint Salad

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



5

CALORIES



235 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 medium cucumbers thinly sliced
- 10 ounces goat cheese
- 20 mint leaves
- 0.5 cup olive oil extra-virgin
- 5 servings salt and pepper
- 2 to 4 tomatoes ripe
- 2 small onions white julienned for this if they are available (Vidalia will work great)
- 0.5 cup vinegar white

Equipment

- bowl
- mixing bowl

Directions

- In a large mixing bowl crumble goat cheese.
- Add tomatoes, cucumbers and onions to bowl.
- Cut mint leaves chiffonade-style into shreds and add to salad.
- Add vinegar and olive oil.
- Mix well.
- Add salt and pepper, to taste. Refrigerate for 1 hour, then serve.

Nutrition Facts

PROTEIN 21.09% **FAT 64.2%** **CARBS 14.71%**

Properties

Glycemic Index:26, Glycemic Load:1.44, Inflammation Score:-8, Nutrition Score:11.580434840658%

Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 234.62kcal (11.73%), Fat: 16.69g (25.68%), Saturated Fat: 8.92g (55.73%), Carbohydrates: 8.61g (2.87%), Net Carbohydrates: 6.1g (2.22%), Sugar: 5.22g (5.79%), Cholesterol: 26.08mg (8.69%), Sodium: 411.07mg (17.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.34g (24.68%), Copper: 0.58mg (29.2%), Vitamin A: 1281.79IU (25.64%), Phosphorus: 202.79mg (20.28%), Vitamin C: 15.23mg (18.46%), Vitamin K: 19.2µg (18.28%), Vitamin B2: 0.28mg (16.66%), Manganese: 0.33mg (16.39%), Vitamin B6: 0.3mg (15.09%), Calcium: 124.66mg (12.47%),

Potassium: 414.27mg (11.84%), Folate: 46.58µg (11.64%), Iron: 1.86mg (10.33%), Fiber: 2.51g (10.05%), Magnesium: 40.04mg (10.01%), Vitamin B5: 0.86mg (8.63%), Vitamin B1: 0.12mg (8.26%), Vitamin E: 1.04mg (6.96%), Zinc: 0.97mg (6.49%), Vitamin B3: 0.7mg (3.48%), Selenium: 2.02µg (2.88%), Vitamin B12: 0.11µg (1.8%), Vitamin D: 0.23µg (1.51%)