



Cucumber-Tomato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



43 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 small cucumbers thinly sliced
- 0.5 cup 1/2 cup kraft lite zesty italian dressing italian kraft
- 1 small onion red thinly sliced
- 4 small tomatoes thinly sliced

Equipment

Directions

Arrange vegetables on plate.

Drizzle with dressing.

Nutrition Facts

PROTEIN 6.09% **FAT 52.96%** **CARBS 40.95%**

Properties

Glycemic Index:8, Glycemic Load:0.67, Inflammation Score:-3, Nutrition Score:2.7743478300779%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 42.94kcal (2.15%), Fat: 2.61g (4.02%), Saturated Fat: 0.37g (2.28%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 3.7g (1.35%), Sugar: 3.13g (3.48%), Cholesterol: 0mg (0%), Sodium: 119.57mg (5.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.35%), Vitamin K: 11.77µg (11.21%), Vitamin C: 6.86mg (8.31%), Vitamin A: 330.41IU (6.61%), Potassium: 155.17mg (4.43%), Manganese: 0.08mg (4.12%), Fiber: 0.85g (3.38%), Vitamin B6: 0.07mg (3.3%), Vitamin E: 0.47mg (3.1%), Folate: 11.97µg (2.99%), Copper: 0.05mg (2.52%), Magnesium: 9.48mg (2.37%), Vitamin B1: 0.03mg (2.04%), Phosphorus: 20.32mg (2.03%), Vitamin B3: 0.26mg (1.28%), Iron: 0.22mg (1.23%), Vitamin B5: 0.12mg (1.22%), Calcium: 12.12mg (1.21%), Vitamin B2: 0.02mg (1.05%)