



Cucumber-Tomato Salad with Basil Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



12 min.

SERVINGS



5

CALORIES



80 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 cups cucumber english chopped (2)
- 2 tablespoons olive oil extravirgin
- 0.3 cup basil fresh chopped
- 1 garlic clove minced
- 2 cups grape tomatoes halved
- 0.8 cup onion red chopped
- 0.3 cup red wine vinegar

0.3 teaspoon salt

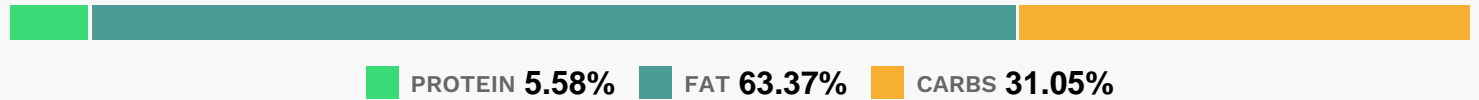
Equipment

bowl

Directions

- Combine first 3 ingredients in a bowl; toss gently.
- In a small bowl, combine vinegar and next 4 ingredients.
- Drizzle over salad, and add basil; toss to coat.
- Let stand 5 to 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:39.4, Glycemic Load:1.18, Inflammation Score:-5, Nutrition Score:4.825217458217%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg 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: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg

Nutrients (% of daily need)

Calories: 79.76kcal (3.99%), Fat: 5.8g (8.93%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 6.4g (2.13%), Net Carbohydrates: 5.01g (1.82%), Sugar: 3.29g (3.66%), Cholesterol: 0mg (0%), Sodium: 122.28mg (5.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Vitamin K: 20.15µg (19.19%), Vitamin C: 11.57mg (14.02%), Vitamin A: 604.53IU (12.09%), Manganese: 0.17mg (8.71%), Vitamin E: 1.16mg (7.71%), Potassium: 249.46mg (7.13%), Fiber: 1.39g (5.55%), Vitamin B6: 0.1mg (5.14%), Folate: 17.26µg (4.32%), Magnesium: 15.93mg (3.98%), Copper: 0.07mg (3.53%), Phosphorus: 33.95mg (3.4%), Vitamin B1: 0.05mg (3.07%), Iron: 0.47mg (2.62%), Calcium: 22.63mg (2.26%), Vitamin B3: 0.44mg (2.19%), Vitamin B5: 0.2mg (1.98%), Vitamin B2: 0.03mg (1.96%), Zinc: 0.25mg (1.65%)