



## Cucumber with Sour Cream

 Vegetarian  Gluten Free

READY IN



135 min.

SERVINGS



8

CALORIES



270 kcal

SIDE DISH

### Ingredients

- 2 cucumbers peeled sliced
- 0.5 teaspoon basil dried
- 0.5 teaspoon ground pepper black
- 8 servings salt and ground pepper black to taste
- 3 tablespoons heavy whipping cream
- 1 teaspoon juice of lemon
- 0.8 cup mayonnaise
- 3 tablespoons onion fresh minced

- 0.5 teaspoon salt
- 2 tablespoons cup heavy whipping cream sour
- 6 tablespoons vegetable oil
- 2 tablespoons vinegar

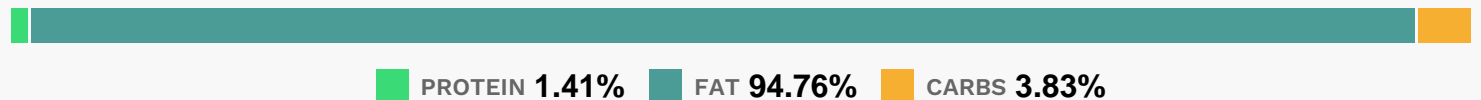
## Equipment

- bowl
- whisk

## Directions

- Whisk vegetable oil, vinegar, 1/2 teaspoon salt, and 1/2 teaspoon pepper together in a large bowl until the oil emulsifies.
- Fold the cucumbers into the marinade until evenly coated.
- Marinate cucumbers in refrigerator for 2 hours.
- Drain cucumbers and discard marinade.
- Whisk mayonnaise, cream, onion, sour cream, lemon juice, and basil together in a bowl.
- Fold drained cucumbers into mayonnaise mixture; season with salt and pepper to serve.

## Nutrition Facts



## Properties

Glycemic Index:25.75, Glycemic Load:0.33, Inflammation Score:-2, Nutrition Score:5.0404347453428%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

## Nutrients (% of daily need)

Calories: 270.1kcal (13.51%), Fat: 28.66g (44.09%), Saturated Fat: 5.63g (35.16%), Carbohydrates: 2.61g (0.87%), Net Carbohydrates: 1.94g (0.7%), Sugar: 1.6g (1.78%), Cholesterol: 16.95mg (5.65%), Sodium: 282.97mg (12.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Vitamin K: 60.07µg (57.21%), Vitamin E: 1.62mg (10.8%), Manganese: 0.1mg (4.95%), Vitamin C: 2.98mg (3.61%), Potassium: 126.16mg (3.6%), Vitamin A: 170.84IU (3.42%), Folate: 13.02µg (3.26%), Copper: 0.06mg (3.23%), Magnesium: 11.19mg (2.8%), Phosphorus: 27.53mg (2.75%), Fiber: 0.67g (2.68%), Vitamin B5: 0.25mg (2.5%), Vitamin B6: 0.05mg (2.47%), Vitamin B2: 0.04mg (2.39%), Calcium: 22.55mg (2.25%), Vitamin B1: 0.03mg (1.95%), Iron: 0.31mg (1.71%), Zinc: 0.2mg (1.31%), Selenium: 0.89µg (1.27%)