



Cucumbers In Sour Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



110 kcal

SIDE DISH

Ingredients

- 2 tablespoons balsamic vinegar
- 1 tablespoon optional: dill fresh chopped
- 0.5 teaspoon pepper
- 5 salad cucumbers
- 0.3 teaspoon salt
- 8 ounce cup heavy whipping cream sour

Equipment

- bowl

whisk

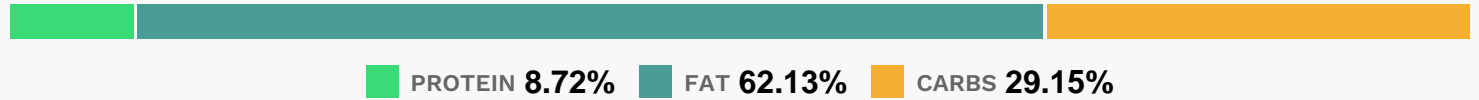
Directions

Peel cucumbers, and cut into very thin slices.

Whisk together sour cream and next 4 ingredients in a large bowl; stir in cucumbers.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:1.02, Inflammation Score:-5, Nutrition Score:6.5104348452195%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 109.98kcal (5.5%), Fat: 7.74g (11.91%), Saturated Fat: 3.85g (24.08%), Carbohydrates: 8.17g (2.72%), Net Carbohydrates: 6.38g (2.32%), Sugar: 5.54g (6.15%), Cholesterol: 22.3mg (7.43%), Sodium: 114.91mg (5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.89%), Vitamin K: 18.84µg (17.94%), Potassium: 395.95mg (11.31%), Manganese: 0.22mg (10.8%), Vitamin C: 8.4mg (10.18%), Copper: 0.19mg (9.4%), Folate: 37.4µg (9.35%), Magnesium: 34.74mg (8.69%), Vitamin A: 421.55IU (8.43%), Phosphorus: 82.55mg (8.25%), Calcium: 75.55mg (7.56%), Vitamin B2: 0.13mg (7.44%), Vitamin B5: 0.73mg (7.3%), Vitamin B6: 0.14mg (7.18%), Fiber: 1.79g (7.17%), Vitamin B1: 0.09mg (5.69%), Zinc: 0.56mg (3.71%), Iron: 0.64mg (3.53%), Selenium: 1.66µg (2.37%), Vitamin E: 0.22mg (1.47%), Vitamin B12: 0.08µg (1.32%)