



Cucumbers Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



38 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon teaspoon basil dried fresh chopped
- ☐ 3.5 cups cucumbers peeled halved lengthwise seeded thinly sliced
- ☐ 2.5 teaspoons dijon mustard
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon teaspoon parsley dried fresh chopped
- ☐ 0.5 cup onion red vertically sliced
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt

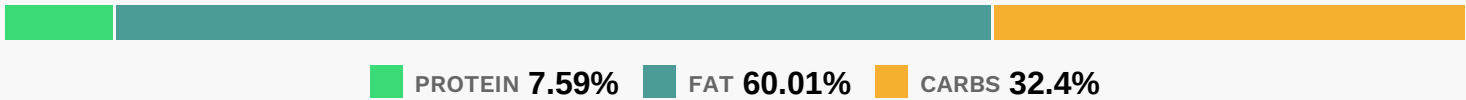
Equipment

☐ bowl

Directions

- ☐ Place cucumbers and onion in a bowl.
- ☐ Combine basil and remaining ingredients; pour over cucumber mixture. Toss gently. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:0.46, Inflammation Score:-2, Nutrition Score:2.9721738709056%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 37.81kcal (1.89%), Fat: 2.55g (3.92%), Saturated Fat: 0.34g (2.15%), Carbohydrates: 3.1g (1.03%), Net Carbohydrates: 2.21g (0.8%), Sugar: 1.67g (1.86%), Cholesterol: 0mg (0%), Sodium: 122.73mg (5.34%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.73g (1.45%), Vitamin K: 19.39µg (18.47%), Vitamin C: 4.45mg (5.39%), Manganese: 0.09mg (4.5%), Potassium: 134.77mg (3.85%), Folate: 14.78µg (3.7%), Fiber: 0.89g (3.55%), Copper: 0.06mg (3.23%), Magnesium: 12.39mg (3.1%), Vitamin B6: 0.06mg (2.91%), Vitamin A: 131.35IU (2.63%), Vitamin E: 0.38mg (2.51%), Phosphorus: 23.38mg (2.34%), Vitamin B1: 0.03mg (2.32%), Vitamin B5: 0.21mg (2.12%), Iron: 0.32mg (1.78%), Calcium: 17.13mg (1.71%), Vitamin B2: 0.03mg (1.49%), Selenium: 0.85µg (1.22%), Zinc: 0.18mg (1.2%)