



Cucumbers with Dressing

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



130 min.

SERVINGS



4

CALORIES



448 kcal

SIDE DISH

Ingredients

- 4 cups cucumbers sliced
- 1 cup mayonnaise
- 0.3 teaspoon salt
- 0.3 cup vinegar
- 0.3 cup sugar white

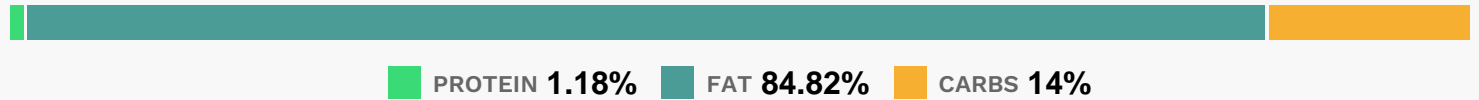
Equipment

- bowl
- plastic wrap

Directions

- Stir mayonnaise, vinegar, sugar, and salt together in a large bowl until smooth; fold sliced cucumbers into the mayonnaise mixture. Cover bowl with plastic wrap and refrigerate at least 2 hours.
- Serve chilled.

Nutrition Facts



Properties

Glycemic Index:46.27, Glycemic Load:9.18, Inflammation Score:-2, Nutrition Score:7.6039131983467%

Nutrients (% of daily need)

Calories: 447.75kcal (22.39%), Fat: 42.14g (64.83%), Saturated Fat: 6.57g (41.06%), Carbohydrates: 15.65g (5.22%), Net Carbohydrates: 14.72g (5.35%), Sugar: 14.64g (16.26%), Cholesterol: 23.52mg (7.84%), Sodium: 504.05mg (21.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Vitamin K: 100.86µg (96.05%), Vitamin E: 1.88mg (12.51%), Manganese: 0.11mg (5.53%), Potassium: 192.68mg (5.51%), Folate: 21.42µg (5.36%), Copper: 0.11mg (5.35%), Vitamin C: 4.26mg (5.16%), Magnesium: 16.68mg (4.17%), Vitamin B5: 0.42mg (4.16%), Phosphorus: 40.33mg (4.03%), Fiber: 0.93g (3.72%), Vitamin B6: 0.07mg (3.62%), Vitamin B1: 0.05mg (3.12%), Vitamin B2: 0.05mg (2.72%), Vitamin A: 132.16IU (2.64%), Calcium: 24.27mg (2.43%), Iron: 0.42mg (2.35%), Selenium: 1.58µg (2.25%), Zinc: 0.31mg (2.09%), Vitamin B12: 0.07µg (1.12%)