



Cucumbers with Yogurt-Dill Sauce



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



72 kcal

SIDE DISH

Ingredients

- ☐ 1 cup yogurt plain
- ☐ 2 tablespoons salad dressing
- ☐ 2 teaspoons juice of lemon
- ☐ 1 teaspoon optional: dill dried fresh chopped
- ☐ 1 serving salt and pepper to taste
- ☐ 1 garlic clove finely chopped
- ☐ 3 cups cucumber thinly sliced
- ☐ 0.3 cup onion red thinly sliced

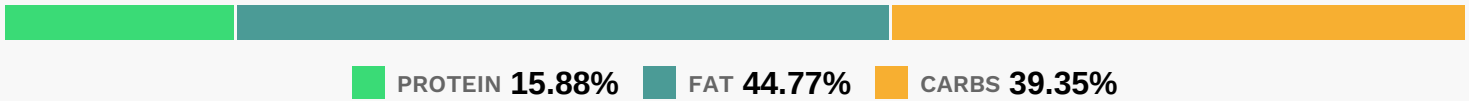
Equipment

☐ bowl

Directions

- ☐ Mix all ingredients except cucumbers and onion in large bowl. Stir in cucumbers and onion.
- ☐ Cover and refrigerate 30 minutes to blend flavors.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:1.04, Inflammation Score:-3, Nutrition Score:4.4899999771429%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 71.81kcal (3.59%), Fat: 3.65g (5.61%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 7.21g (2.4%), Net Carbohydrates: 6.32g (2.3%), Sugar: 5.48g (6.09%), Cholesterol: 7.96mg (2.65%), Sodium: 148.7mg (6.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.82%), Vitamin K: 11.28µg (10.74%), Calcium: 92.88mg (9.29%), Phosphorus: 84.45mg (8.44%), Potassium: 256.85mg (7.34%), Vitamin B2: 0.12mg (6.82%), Vitamin C: 5.49mg (6.65%), Magnesium: 21.02mg (5.26%), Folate: 20.71µg (5.18%), Manganese: 0.1mg (5.18%), Vitamin B5: 0.5mg (4.98%), Vitamin B6: 0.1mg (4.87%), Copper: 0.08mg (4.21%), Vitamin B1: 0.06mg (3.79%), Vitamin B12: 0.23µg (3.78%), Zinc: 0.56mg (3.75%), Fiber: 0.89g (3.57%), Vitamin A: 137.32IU (2.75%), Selenium: 1.75µg (2.49%), Iron: 0.31mg (1.7%), Vitamin E: 0.23mg (1.51%)