



Dave's Tomato and Cucumber Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



178 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 lb cucumber seedless cut into 1/ dice (2 1/2 cups) (usually plastic-wrapped)
- ☐ 0.8 cup curly-leaf parsley fresh finely chopped (from 1 bunch)
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 3.8 lb plum tomatoes cut into 1/3-inch dice (4 cups)
- ☐ 1.3 teaspoons salt

- ☐ 0.3 cup onion sweet such as vidalia or walla walla) finely chopped
- ☐ 1 tablespoon vinegar white

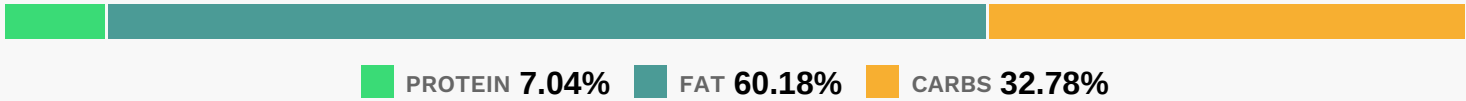
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together oil, lemon juice, vinegar, salt, cumin, and pepper in a medium bowl.
- ☐ Add tomatoes, cucumber, parsley, and onion and stir to combine.
- ☐ Let stand at room temperature 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:3, Inflammation Score:-9, Nutrition Score:18.522608661133%

Flavonoids

Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 2.07mg, Naringenin: 2.07mg, Naringenin: 2.07mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 1.56mg, Myricetin: 1.56mg, Myricetin: 1.56mg, Myricetin: 1.56mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 177.67kcal (8.88%), Fat: 12.82g (19.72%), Saturated Fat: 1.78g (11.15%), Carbohydrates: 15.71g (5.24%), Net Carbohydrates: 11.51g (4.19%), Sugar: 9.38g (10.43%), Cholesterol: 0mg (0%), Sodium: 505.88mg (21.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.75%), Vitamin K: 165.33µg (157.46%), Vitamin C: 55.21mg (66.92%), Vitamin A: 3078.52IU (61.57%), Potassium: 851.42mg (24.33%), Vitamin E: 3.37mg (22.45%), Manganese: 0.44mg (21.81%), Fiber: 4.2g (16.78%), Folate: 62.84µg (15.71%), Vitamin B6: 0.28mg (13.95%), Magnesium: 47.52mg (11.88%), Copper: 0.22mg (11.02%), Iron: 1.78mg (9.87%), Phosphorus: 95.18mg (9.52%), Vitamin B3: 1.89mg (9.46%), Vitamin B1: 0.14mg (9.28%), Calcium: 57.16mg (5.72%), Vitamin B2: 0.09mg (5.32%), Vitamin B5: 0.5mg (5%), Zinc:

0.75mg (4.98%)