



Dilled Cucumber and Tomato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



75 min.

SERVINGS



8

CALORIES



36 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 medium tomatoes cut into 8 wedges (3 cups)
- 5 cups cucumber thinly sliced
- 0.5 cup onion red finely chopped
- 0.5 cup rice vinegar
- 4 teaspoons sugar
- 1 tablespoon optional: dill fresh finely chopped
- 0.5 teaspoon lawry's seasoned salt

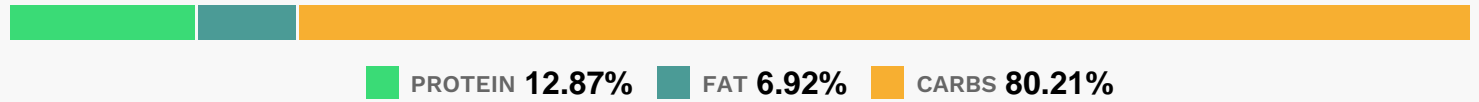
Equipment

- bowl
- slotted spoon

Directions

- In large glass serving bowl, mix tomatoes, cucumbers and onion.
- In small bowl, mix all remaining ingredients until blended.
- Pour vinegar mixture over vegetables; toss to mix. Cover; refrigerate 1 hour to blend flavors. Toss again just before serving.
- Serve with slotted spoon.

Nutrition Facts



Properties

Glycemic Index:26.89, Glycemic Load:2.42, Inflammation Score:-5, Nutrition Score:4.3821739243424%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 35.64kcal (1.78%), Fat: 0.27g (0.42%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 7.12g (2.37%), Net Carbohydrates: 5.63g (2.05%), Sugar: 5.19g (5.77%), Cholesterol: 0mg (0%), Sodium: 150.85mg (6.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.29%), Vitamin C: 11.87mg (14.39%), Vitamin A: 576.2IU (11.52%), Vitamin K: 10.88µg (10.37%), Potassium: 274.16mg (7.83%), Manganese: 0.15mg (7.68%), Fiber: 1.49g (5.96%), Folate: 22.84µg (5.71%), Vitamin B6: 0.1mg (5.18%), Copper: 0.1mg (5.02%), Magnesium: 17.93mg (4.48%), Phosphorus: 35.79mg (3.58%), Vitamin B1: 0.05mg (3.54%), Vitamin B5: 0.27mg (2.67%), Vitamin E: 0.36mg (2.39%), Calcium: 21.26mg (2.13%), Iron: 0.38mg (2.11%), Vitamin B2: 0.04mg (2.1%), Vitamin B3: 0.41mg (2.04%), Zinc: 0.27mg (1.77%)