



Dilled Cucumber-Tomato Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



5

CALORIES



25 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup yogurt plain yoplait®
- ☐ 1 small clove garlic finely chopped
- ☐ 0.5 teaspoon dill dried
- ☐ 0.3 teaspoon sugar
- ☐ 0.1 teaspoon salt
- ☐ 1.5 cups roma tomatoes diced seeded (plum)
- ☐ 1 cup cucumber cubed peeled seeded

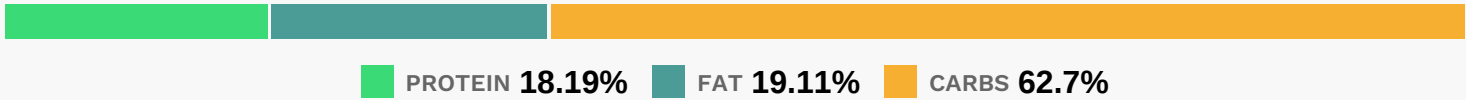
Equipment

bowl

Directions

- In medium bowl, mix yogurt, garlic, dill weed, sugar and salt.
- Fold in tomatoes and cucumber.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.42, Glycemic Load:1.09, Inflammation Score:-5, Nutrition Score:3.773913052419%

Flavonoids

Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 25.36kcal (1.27%), Fat: 0.59g (0.91%), Saturated Fat: 0.28g (1.76%), Carbohydrates: 4.36g (1.45%), Net Carbohydrates: 3.3g (1.2%), Sugar: 3.01g (3.34%), Cholesterol: 1.59mg (0.53%), Sodium: 68.16mg (2.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.53%), Vitamin C: 10.87mg (13.18%), Vitamin A: 628.42IU (12.57%), Vitamin K: 7.56µg (7.2%), Potassium: 229.11mg (6.55%), Manganese: 0.12mg (5.75%), Fiber: 1.06g (4.26%), Vitamin B6: 0.08mg (4.17%), Folate: 15.25µg (3.81%), Phosphorus: 35.72mg (3.57%), Magnesium: 13.07mg (3.27%), Copper: 0.06mg (3.21%), Calcium: 28.55mg (2.86%), Vitamin E: 0.4mg (2.66%), Vitamin B1: 0.04mg (2.65%), Vitamin B2: 0.04mg (2.27%), Vitamin B3: 0.45mg (2.24%), Vitamin B5: 0.18mg (1.78%), Iron: 0.32mg (1.75%), Zinc: 0.25mg (1.66%)