



## Easy Cucumber Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



260 min.

SERVINGS



4

CALORIES



26 kcal

SIDE DISH

### Ingredients

- 1 cucumber seedless peeled chopped
- 1 tablespoon optional: dill fresh chopped
- 1 tablespoon parsley fresh chopped
- 1 teaspoon garlic minced
- 1 teaspoon salt
- 1 tablespoon sugar white
- 2 tablespoons vinegar white

### Equipment

bowl

whisk

## Directions

Whisk together the vinegar, parsley, dill, garlic, sugar, and salt in a bowl; add the cucumber and stir to coat. Cover and chill in refrigerator 4 to 8 hours. Stir well before serving.

## Nutrition Facts



**PROTEIN 8.31%** **FAT 3.45%** **CARBS 88.24%**

## Properties

Glycemic Index:49.27, Glycemic Load:2.18, Inflammation Score:-2, Nutrition Score:2.8460869886305%

## Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 25.76kcal (1.29%), Fat: 0.1g (0.16%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 6.03g (2.01%), Net Carbohydrates: 5.61g (2.04%), Sugar: 4.27g (4.74%), Cholesterol: 0mg (0%), Sodium: 583.81mg (25.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Vitamin K: 28.71µg (27.35%), Vitamin C: 3.75mg (4.54%), Manganese: 0.08mg (4.03%), Potassium: 119.88mg (3.43%), Vitamin A: 170.78IU (3.42%), Magnesium: 10.59mg (2.65%), Vitamin B5: 0.2mg (2.03%), Vitamin B6: 0.04mg (2.02%), Phosphorus: 20.11mg (2.01%), Copper: 0.04mg (1.79%), Folate: 6.94µg (1.74%), Fiber: 0.43g (1.7%), Iron: 0.3mg (1.67%), Vitamin B2: 0.03mg (1.61%), Calcium: 15.82mg (1.58%), Vitamin B1: 0.02mg (1.51%), Zinc: 0.17mg (1.15%)