



Easy Lemony-Dilly Cucumber Salad

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



126 kcal

SIDE DISH

Ingredients

- 2 tablespoons dill weed dried
- 2 large cucumbers diced english peeled
- 1 lemon zest juiced
- 0.3 cup mayonnaise
- 1 teaspoon sugar white

Equipment

- bowl
- whisk

Directions

- Whisk together the lemon zest, lemon juice, dill, and sugar in a bowl until the sugar has dissolved. Stir in the mayonnaise until smooth; fold in the diced cucumber.
- Let stand 10 minutes before serving.

Nutrition Facts

 **PROTEIN 4.32%**  **FAT 72.74%**  **CARBS 22.94%**

Properties

Glycemic Index:30.02, Glycemic Load:0.74, Inflammation Score:-3, Nutrition Score:5.8069564920405%

Flavonoids

Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 126.05kcal (6.3%), Fat: 10.71g (16.48%), Saturated Fat: 1.7g (10.61%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 6.49g (2.36%), Sugar: 3.65g (4.05%), Cholesterol: 5.88mg (1.96%), Sodium: 95.12mg (4.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Vitamin K: 47.42µg (45.16%), Manganese: 0.18mg (8.94%), Vitamin C: 6.89mg (8.35%), Potassium: 275.34mg (7.87%), Magnesium: 26.63mg (6.66%), Iron: 1.19mg (6.63%), Calcium: 53.9mg (5.39%), Vitamin A: 255.1IU (5.1%), Phosphorus: 47.26mg (4.73%), Vitamin B6: 0.09mg (4.47%), Fiber: 1.11g (4.45%), Vitamin B5: 0.42mg (4.17%), Copper: 0.07mg (3.65%), Vitamin B2: 0.06mg (3.4%), Vitamin E: 0.51mg (3.39%), Vitamin B1: 0.05mg (3.27%), Folate: 11.4µg (2.85%), Zinc: 0.37mg (2.5%), Selenium: 0.79µg (1.13%)