



## Creamy Buttered Cucumbers

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



130 kcal

SIDE DISH

### Ingredients

- 2 tablespoons butter
- 1 pound cucumber peeled
- 1 pinch dill dried
- 4 servings pepper black to taste
- 0.5 cup onion chopped
- 1 tablespoon salt
- 0.5 cup cream sour

### Equipment

frying pan

colander

## Directions

Cut cucumbers in half lengthwise and scoop out the seeds.

Cut into 3/4 inch chunks. If the chunks aren't firm, place them in a colander and sprinkle with salt.


Let drain 20 minutes (if they are firm you may omit this step).

Place butter in a medium to large skillet over medium heat. When it melts, add the onion and cook 5 minutes. Stir in the cucumbers and cook another 5 minutes.

Sprinkle with black pepper to taste.

Reduce heat to low and stir in sour cream and plenty of dill. Stir and serve warm.

## Nutrition Facts

    
 **PROTEIN 5.12%**  **FAT 77.33%**  **CARBS 17.55%**

## Properties

Glycemic Index:31, Glycemic Load:0.68, Inflammation Score:-4, Nutrition Score:4.2304347390714%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

## Nutrients (% of daily need)

Calories: 129.61kcal (6.48%), Fat: 11.47g (17.65%), Saturated Fat: 6.53g (40.79%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 4.66g (1.7%), Sugar: 3.4g (3.78%), Cholesterol: 32.01mg (10.67%), Sodium: 1801.64mg (78.33%), Alcohol: 0g (100%), Protein: 1.71g (3.42%), Vitamin A: 451.26IU (9.03%), Vitamin K: 9.33µg (8.89%), Manganese: 0.14mg (6.94%), Vitamin C: 5.49mg (6.66%), Potassium: 231mg (6.6%), Calcium: 57.18mg (5.72%), Phosphorus: 54.66mg (5.47%), Folate: 21.63µg (5.41%), Vitamin B2: 0.09mg (5.02%), Magnesium: 19.97mg (4.99%), Vitamin B6: 0.1mg (4.92%), Copper: 0.1mg (4.87%), Fiber: 1.19g (4.77%), Vitamin B5: 0.4mg (4.02%), Vitamin B1: 0.05mg (3.44%), Iron: 0.46mg (2.55%), Zinc: 0.34mg (2.28%), Vitamin E: 0.31mg (2.07%), Selenium: 1.36µg (1.94%), Vitamin B12: 0.07µg (1.2%)