



Floating Cucumber, Tomato, and Onion Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



750 min.

SERVINGS



8

CALORIES



190 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 teaspoon celery seed
- ☐ 8 cups cucumbers peeled thinly sliced
- ☐ 1.5 tablespoons salt
- ☐ 1 large onion sweet thinly sliced
- ☐ 1 tomatoes seeded chopped
- ☐ 1 cup distilled vinegar white
- ☐ 1.5 cups sugar white

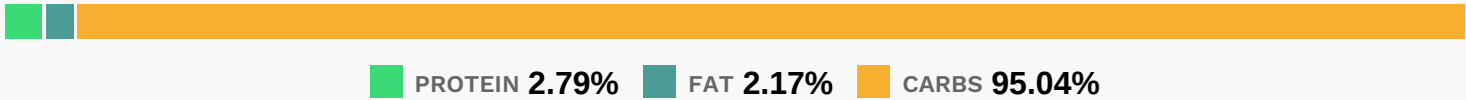
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Toss together the cucumbers, onion, and tomato in a large salad bowl. In a separate bowl, whisk together the sugar, white vinegar, balsamic vinegar, salt, and celery seed until the sugar has dissolved.
- ☐ Pour over the vegetables, toss again, and cover. Refrigerate for 12 hours or overnight before serving.

Nutrition Facts



Properties

Glycemic Index:27.89, Glycemic Load:27.31, Inflammation Score:-4, Nutrition Score:4.5569565503494%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 190.07kcal (9.5%), Fat: 0.46g (0.71%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 45.42g (15.14%), Net Carbohydrates: 43.9g (15.96%), Sugar: 42.95g (47.72%), Cholesterol: 0mg (0%), Sodium: 1318.07mg (57.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.67%), Vitamin K: 10.91µg (10.39%), Vitamin C: 8.39mg (10.17%), Manganese: 0.2mg (9.89%), Potassium: 280.64mg (8.02%), Folate: 30.47µg (7.62%), Copper: 0.14mg (6.89%), Vitamin B6: 0.14mg (6.81%), Fiber: 1.52g (6.07%), Magnesium: 23.78mg (5.95%), Phosphorus: 46.95mg (4.69%), Vitamin A: 224.38IU (4.49%), Vitamin B1: 0.06mg (4.32%), Calcium: 38.1mg (3.81%), Vitamin B5: 0.37mg (3.73%), Iron: 0.65mg (3.62%), Vitamin B2: 0.05mg (3.08%), Zinc: 0.34mg (2.27%), Selenium: 0.76µg (1.08%), Vitamin B3: 0.2mg (1.02%)