



 **71%**  
HEALTH SCORE

## Fresh and Crisp Cucumber Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



57 kcal

SIDE DISH

### Ingredients

- 2 large carrots shredded
- 2 large cucumbers peeled sliced
- 1 juice of lemon juiced
- 2 teaspoons lemon zest
- 1 large bell pepper red seeded cut into strips
- 1 large bell pepper yellow seeded cut into strips

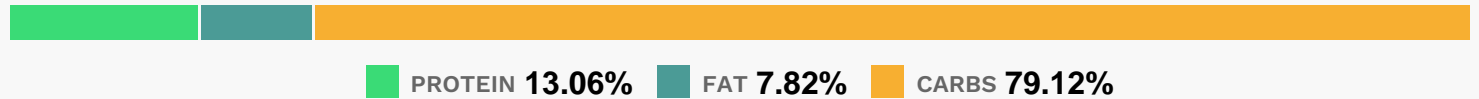
### Equipment

- bowl

## Directions

- Toss cucumbers, carrots, yellow bell pepper, red bell pepper, and red onion together in a bowl.
- Scatter lemon zest over the cucumber mixture. Squeeze lemon juice over the salad and toss to coat.
- Chill completely in refrigerator to serve.

## Nutrition Facts



## Properties

Glycemic Index:23.46, Glycemic Load:1.97, Inflammation Score:-10, Nutrition Score:15.458695743395%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## Nutrients (% of daily need)

Calories: 56.9kcal (2.84%), Fat: 0.55g (0.85%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 12.56g (4.19%), Net Carbohydrates: 9.17g (3.33%), Sugar: 5.59g (6.21%), Cholesterol: 0mg (0%), Sodium: 30.34mg (1.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.15%), Vitamin C: 148.6mg (180.13%), Vitamin A: 7492.62IU (149.85%), Vitamin B6: 0.32mg (16.18%), Vitamin K: 16.84µg (16.04%), Folate: 59.02µg (14.76%), Potassium: 500.02mg (14.29%), Fiber: 3.4g (13.58%), Manganese: 0.25mg (12.75%), Copper: 0.17mg (8.72%), Magnesium: 32.22mg (8.06%), Vitamin B1: 0.1mg (6.98%), Vitamin B5: 0.66mg (6.55%), Phosphorus: 64.54mg (6.45%), Vitamin E: 0.94mg (6.27%), Vitamin B3: 1.23mg (6.16%), Vitamin B2: 0.1mg (6.13%), Iron: 0.82mg (4.56%), Calcium: 41.26mg (4.13%), Zinc: 0.51mg (3.41%)