



Fresh Cucumber Salad



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



91 kcal

SIDE DISH

Ingredients



1 cucumber diced english peeled



2 cups greek yogurt



1 cup honeydew diced whole finely



1 jalapeño finely minced seeded



4 servings kosher salt



0.3 onion red thinly sliced

Equipment



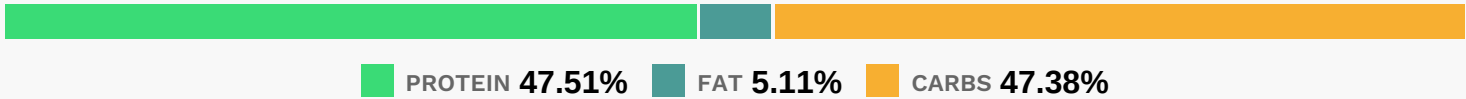
bowl

☐ sieve

Directions

- ☐ Put the cucumbers and honeydew in a fine mesh sieve set over a bowl.
- ☐ Sprinkle with a pinch of salt and allow it to sit for 5 minutes. Press out as much liquid as possible. Toss the cucumber and melon with the yogurt, onion and pepper in a serving bowl. Cover and chill in the refrigerator at least 1 hour or until ready to enjoy.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:7.4252173641454%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 91.32kcal (4.57%), Fat: 0.53g (0.82%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 11.1g (3.7%), Net Carbohydrates: 10.17g (3.7%), Sugar: 8.41g (9.34%), Cholesterol: 5mg (1.67%), Sodium: 239.32mg (10.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.12g (22.25%), Vitamin B2: 0.32mg (18.54%), Vitamin C: 14.41mg (17.47%), Phosphorus: 161.58mg (16.16%), Selenium: 10.47µg (14.96%), Vitamin K: 14.21µg (13.53%), Calcium: 127.67mg (12.77%), Vitamin B12: 0.7µg (11.67%), Potassium: 366.91mg (10.48%), Vitamin B6: 0.15mg (7.72%), Magnesium: 26.22mg (6.55%), Vitamin B5: 0.61mg (6.11%), Folate: 22.58µg (5.64%), Zinc: 0.74mg (4.9%), Manganese: 0.09mg (4.62%), Vitamin B1: 0.06mg (4.2%), Fiber: 0.93g (3.72%), Copper: 0.06mg (3.12%), Vitamin A: 141.87IU (2.84%), Vitamin B3: 0.51mg (2.57%), Iron: 0.38mg (2.09%), Vitamin E: 0.17mg (1.12%)