



## Fresh Cucumber Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



87 kcal

SIDE DISH

### Ingredients

- 3 medium cucumber sliced
- 1 cup sugar
- 0.8 cup water
- 0.5 cup vinegar white
- 3 tablespoons optional: dill fresh minced

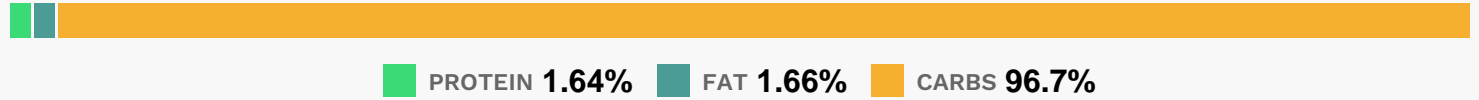
### Equipment

- slotted spoon

## Directions

- Place cucumbers in a 1-1/2- or 2-qt. glass container. In a jar with a tight-fitting lid, shake remaining ingredients until combined.
- Pour over cucumbers. Cover and refrigerate overnight.
- Serve with a slotted spoon.

## Nutrition Facts



## Properties

Glycemic Index:15.01, Glycemic Load:14.1, Inflammation Score:-1, Nutrition Score:1.3373913279046%

## Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 86.58kcal (4.33%), Fat: 0.16g (0.25%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 21.24g (7.08%), Net Carbohydrates: 20.81g (7.57%), Sugar: 20.8g (23.11%), Cholesterol: 0mg (0%), Sodium: 2.62mg (0.11%), Alcohol: 0g (100%), Protein: 0.36g (0.72%), Vitamin K: 4.34µg (4.13%), Manganese: 0.05mg (2.67%), Vitamin C: 2.03mg (2.46%), Copper: 0.05mg (2.4%), Potassium: 83.55mg (2.39%), Folate: 8.62µg (2.16%), Magnesium: 7.61mg (1.9%), Fiber: 0.42g (1.7%), Vitamin B6: 0.03mg (1.55%), Vitamin B5: 0.15mg (1.45%), Phosphorus: 13.25mg (1.33%), Vitamin B1: 0.02mg (1.25%), Vitamin B2: 0.02mg (1.13%), Vitamin A: 52.68IU (1.05%), Calcium: 10.19mg (1.02%)