



Fresh Tomato and Cucumber Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



2

CALORIES



30 kcal

SIDE DISH

Ingredients

- 1 medium tomatoes cut into 6 slices
- 0.5 cup cucumber chopped
- 0.1 teaspoon salt
- 1.5 teaspoons basil fresh finely chopped
- 1 teaspoon lemon zest grated
- 1 teaspoon sugar
- 1 tablespoon balsamic vinegar

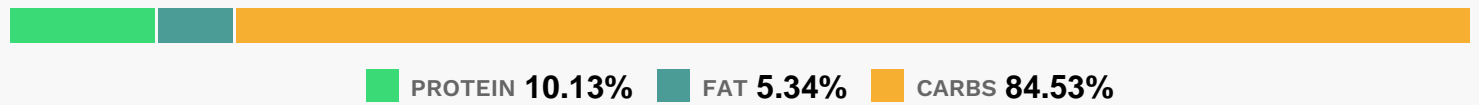
Equipment

bowl

Directions

- On 2 salad plates, arrange tomato slices in a circle, slightly overlapping. Top with cucumber.
- Sprinkle salt over tomatoes and cucumber.
- In small bowl, mix basil, lemon peel and sugar; sprinkle over salads.
- Drizzle with vinegar.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:121.55, Glycemic Load:2.78, Inflammation Score:-4, Nutrition Score:3.2769565251858%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 30.29kcal (1.51%), Fat: 0.19g (0.29%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 6.63g (2.21%), Net Carbohydrates: 5.55g (2.02%), Sugar: 5.31g (5.9%), Cholesterol: 0mg (0%), Sodium: 151.01mg (6.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.59%), Vitamin C: 10.79mg (13.08%), Vitamin A: 540.69IU (10.81%), Vitamin K: 7.56µg (7.2%), Potassium: 201.83mg (5.77%), Manganese: 0.11mg (5.31%), Fiber: 1.08g (4.31%), Folate: 14.06µg (3.52%), Vitamin B6: 0.07mg (3.4%), Copper: 0.06mg (3.17%), Magnesium: 11.92mg (2.98%), Phosphorus: 23.42mg (2.34%), Vitamin E: 0.35mg (2.3%), Vitamin B1: 0.03mg (2.25%), Vitamin B3: 0.38mg (1.91%), Iron: 0.31mg (1.72%), Calcium: 14.55mg (1.45%), Vitamin B5: 0.14mg (1.38%), Vitamin B2: 0.02mg (1.25%), Zinc: 0.17mg (1.14%)