



Greek Cucumber Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



36 kcal

SIDE DISH

Ingredients

- ☐ 1 cup cherry tomatoes quartered
- ☐ 2 cups cucumber seeded thinly sliced
- ☐ 1 tablespoon juice of lemon
- ☐ 1.5 teaspoons olive oil
- ☐ 0.5 cup and orange peppers
- ☐ 0.8 teaspoon oregano chopped
- ☐ 1 tablespoon parsley chopped
- ☐ 1.5 tablespoons onion red minced

☐ 0.1 teaspoon salt

Equipment

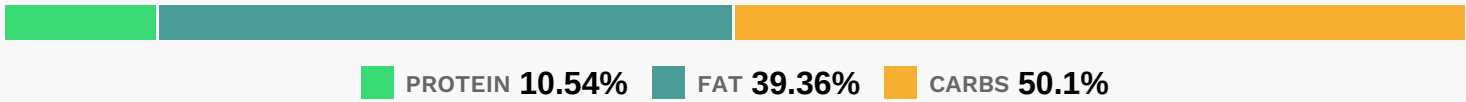
☐ bowl

☐ whisk

Directions

☐ Combine first 6 ingredients in a large bowl, stirring with a whisk. Toss with cucumber, cherry tomatoes, and bell pepper strips.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.47, Inflammation Score:-8, Nutrition Score:6.8104348104933%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 36.47kcal (1.82%), Fat: 1.74g (2.68%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 3.6g (1.31%), Sugar: 2.9g (3.23%), Cholesterol: 0mg (0%), Sodium: 79.71mg (3.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.1%), Vitamin C: 37.53mg (45.49%), Vitamin K: 26.39µg (25.14%), Vitamin A: 904.1IU (18.08%), Manganese: 0.13mg (6.72%), Folate: 26.59µg (6.65%), Potassium: 230.58mg (6.59%), Vitamin B6: 0.13mg (6.43%), Fiber: 1.38g (5.54%), Vitamin E: 0.82mg (5.47%), Copper: 0.08mg (4.22%), Magnesium: 15.68mg (3.92%), Iron: 0.7mg (3.89%), Vitamin B1: 0.05mg (3.22%), Phosphorus: 31.76mg (3.18%), Vitamin B5: 0.28mg (2.84%), Vitamin B2: 0.05mg (2.66%), Calcium: 23.23mg (2.32%), Vitamin B3: 0.44mg (2.22%), Zinc: 0.24mg (1.61%)