



## Greek Salad Cucumbers

 Vegetarian  Gluten Free

READY IN



4 min.

SERVINGS



4

CALORIES



57 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 teaspoon pepper black
- 1 cucumber english cut into quarters lengthwise and then crosswise
- 0.3 cup feta cheese crumbled
- 1 tablespoon optional: dill fresh finely chopped
- 0.3 teaspoon kosher salt
- 2 teaspoons olive oil extra-virgin
- 2 tablespoons red wine vinegar
- 0.3 teaspoon sugar

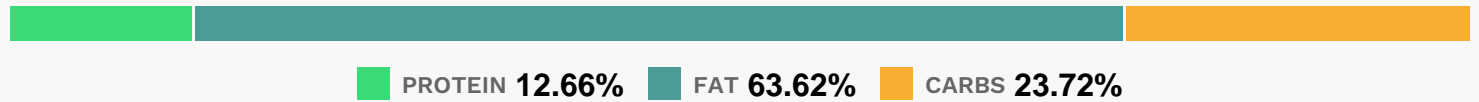
## Equipment

- bowl
- whisk

## Directions

- Place cucumber in a shallow dish.
- Combine vinegar and next 4 ingredients in a small bowl, stirring with a whisk.
- Drizzle vinegar mixture over cucumbers; sprinkle with cheese and dill.

## Nutrition Facts



## Properties

Glycemic Index:36.02, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:3.1943478273309%

## Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 56.52kcal (2.83%), Fat: 4.1g (6.31%), Saturated Fat: 1.55g (9.7%), Carbohydrates: 3.44g (1.15%), Net Carbohydrates: 3.03g (1.1%), Sugar: 1.5g (1.67%), Cholesterol: 8.34mg (2.78%), Sodium: 254.45mg (11.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Vitamin K: 13.88µg (13.22%), Vitamin B2: 0.1mg (6.14%), Calcium: 59.54mg (5.95%), Phosphorus: 50.46mg (5.05%), Manganese: 0.08mg (4.15%), Vitamin B6: 0.07mg (3.51%), Potassium: 121.44mg (3.47%), Magnesium: 12.1mg (3.03%), Vitamin B5: 0.29mg (2.87%), Zinc: 0.43mg (2.83%), Vitamin C: 2.22mg (2.69%), Vitamin B12: 0.16µg (2.64%), Vitamin A: 126.71IU (2.53%), Selenium: 1.64µg (2.34%), Vitamin B1: 0.03mg (2.33%), Vitamin E: 0.33mg (2.19%), Folate: 8.42µg (2.11%), Iron: 0.34mg (1.87%), Copper: 0.04mg (1.82%), Fiber: 0.41g (1.63%)