





Grilled Red Onion and Cucumber Salad with Yogurt-Mint Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



352 kcal

SIDE DISH

Ingredients

- 3 cucumber peeled halved lengthwise sliced
- 0.3 teaspoon cumin
- 0.5 cup feta cheese crumbled
- 2 cloves garlic finely chopped
- 4 servings pepper black freshly ground
- 2 tablespoons juice of lemon fresh
- 0.3 cup mint leaves fresh

- 1 tablespoon olive oil
- 4 servings olive oil for brushing
- 3 tablespoons oregano fresh finely chopped
- 1 cup yogurt plain drained fine
- 2 onion red peeled sliced
- 2 tablespoons tahini

Equipment

- bowl
- whisk
- grill

Directions

- Whisk the yogurt, mint, lemon juice, tahini, olive oil, cumin and garlic in a medium bowl and season with salt and pepper.
- For the salad: Preheat the grill.
- Brush both sides of the onion slices with olive oil and season with salt and pepper to taste. Grill on each side for 2 to 3 minutes, just to obtain grill marks and cook slightly.
- Remove from the grill and coarsely chop.
- Add the onions, oregano and cucumber to the dressing and toss to coat. Season with salt and pepper to taste.
- Sprinkle with the feta.

Nutrition Facts



PROTEIN 9.44% **FAT 69.39%** **CARBS 21.17%**

Properties

Glycemic Index:40, Glycemic Load:2.57, Inflammation Score:-10, Nutrition Score:17.033913164035%

Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg

Nutrients (% of daily need)

Calories: 351.66kcal (17.58%), Fat: 28.16g (43.32%), Saturated Fat: 6.87g (42.96%), Carbohydrates: 19.33g (6.44%), Net Carbohydrates: 14.55g (5.29%), Sugar: 8.65g (9.61%), Cholesterol: 24.65mg (8.22%), Sodium: 253.97mg (11.04%), Alcohol: 0g (0%), Protein: 8.62g (17.25%), Vitamin K: 50.92µg (48.5%), Calcium: 292.94mg (29.29%), Phosphorus: 255.1mg (25.51%), Manganese: 0.51mg (25.3%), Vitamin E: 3.37mg (22.48%), Vitamin B2: 0.36mg (20.94%), Vitamin C: 16.25mg (19.7%), Fiber: 4.77g (19.09%), Vitamin B1: 0.28mg (18.37%), Folate: 73.26µg (18.31%), Vitamin B6: 0.36mg (17.84%), Copper: 0.35mg (17.73%), Potassium: 608.02mg (17.37%), Magnesium: 64.37mg (16.09%), Iron: 2.84mg (15.78%), Zinc: 1.88mg (12.56%), Selenium: 7.64µg (10.92%), Vitamin B5: 1.09mg (10.91%), Vitamin A: 493.87IU (9.88%), Vitamin B12: 0.54µg (9.06%), Vitamin B3: 1.05mg (5.24%)