



Herby Cucumber Salad



Vegetarian



Gluten Free

READY IN



12 min.

SERVINGS



6

CALORIES



72 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 5.5 cups cucumber thinly sliced (2 large)
- ☐ 2 teaspoons dijon mustard
- ☐ 2 tablespoons optional: dill fresh coarsely chopped
- ☐ 1 tablespoon parsley fresh coarsely chopped
- ☐ 1 garlic clove
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup yogurt plain low-fat

- ☐ 1.5 teaspoons mint leaves coarsely chopped
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 2.5 cups onion red thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon sugar

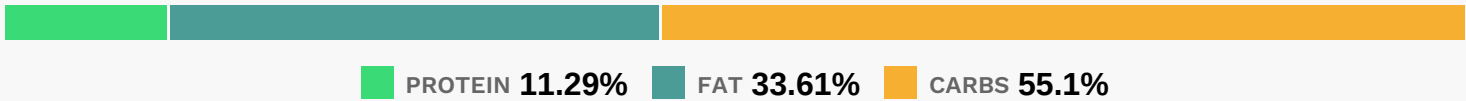
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Combine the first 11 ingredients in a food processor or a blender, and process until well blended.
- ☐ Combine the cucumber and onion in a large bowl.
- ☐ Drizzle with yogurt mixture, and toss to coat.

Nutrition Facts



Properties

Glycemic Index:42.18, Glycemic Load:1.83, Inflammation Score:-5, Nutrition Score:5.7682608314182%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.4mg, Isorhamnetin: 3.4mg, Isorhamnetin: 3.4mg, Isorhamnetin: 3.4mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 13.64mg, Quercetin: 13.64mg, Quercetin: 13.64mg, Quercetin: 13.64mg

Nutrients (% of daily need)

Calories: 72.38kcal (3.62%), Fat: 2.83g (4.36%), Saturated Fat: 0.48g (2.98%), Carbohydrates: 10.45g (3.48%), Net Carbohydrates: 8.32g (3.03%), Sugar: 5.55g (6.17%), Cholesterol: 0.61mg (0.2%), Sodium: 128.14mg (5.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.29%), Vitamin K: 21.57µg (20.55%), Vitamin C: 12.02mg (14.57%), Manganese: 0.21mg (10.26%), Potassium: 302.66mg (8.65%), Fiber: 2.13g (8.53%), Folate: 33.25µg (8.31%), Vitamin B6: 0.16mg (7.9%), Phosphorus: 63.23mg (6.32%), Magnesium: 24.83mg (6.21%), Copper: 0.12mg (5.99%), Calcium: 55.05mg (5.51%), Vitamin B1: 0.08mg (5.27%), Vitamin B5: 0.45mg (4.54%), Vitamin B2: 0.07mg (4.35%), Vitamin A: 163.82IU (3.28%), Zinc: 0.44mg (2.94%), Iron: 0.53mg (2.94%), Vitamin E: 0.41mg (2.72%), Selenium: 1.44µg (2.06%)