



## Hungarian Cucumber Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



85 kcal

SIDE DISH

### Ingredients

- 2 large cucumbers english seedless sliced thin
- 0.3 cup optional: dill fresh chopped
- 0.5 teaspoon ground pepper black to taste
- 1 extra large onions sliced thin
- 1 teaspoon salt to taste
- 3 tablespoons vegetable oil
- 3 tablespoons vinegar white







### Equipment

bowl

## Directions

- Lightly toss cucumber slices, onion slices, and chopped dill together in a large bowl.
- Pour vinegar over cucumber mixture; toss to coat.
- Pour oil over cucumber mixture; toss to coat.
- Season with salt and black pepper.

## Nutrition Facts

    
 **PROTEIN 4.22%**  **FAT 70.57%**  **CARBS 25.21%**

## Properties

Glycemic Index:20.67, Glycemic Load:0.41, Inflammation Score:-4, Nutrition Score:4.0665217430695%

## Flavonoids

Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg

## Nutrients (% of daily need)

Calories: 85.15kcal (4.26%), Fat: 6.96g (10.7%), Saturated Fat: 1.09g (6.78%), Carbohydrates: 5.59g (1.86%), Net Carbohydrates: 4.69g (1.71%), Sugar: 2.45g (2.72%), Cholesterol: 0mg (0%), Sodium: 391.7mg (17.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.87%), Vitamin K: 29.25µg (27.86%), Manganese: 0.15mg (7.7%), Vitamin C: 5.82mg (7.06%), Potassium: 190.67mg (5.45%), Vitamin A: 257.42IU (5.15%), Magnesium: 16.29mg (4.07%), Vitamin E: 0.59mg (3.94%), Fiber: 0.89g (3.58%), Folate: 13.45µg (3.36%), Vitamin B6: 0.07mg (3.31%), Phosphorus: 31.19mg (3.12%), Vitamin B5: 0.29mg (2.92%), Copper: 0.05mg (2.7%), Iron: 0.47mg (2.62%), Vitamin B2: 0.04mg (2.59%), Calcium: 25.75mg (2.57%), Vitamin B1: 0.04mg (2.45%), Zinc: 0.25mg (1.69%)