



Israeli Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



69 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

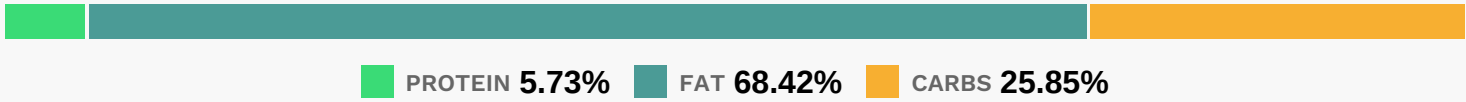
- ☐ 1 lb cucumber diced
- ☐ 3 tbsp olive oil extra virgin
- ☐ 0.5 cup parsley fresh minced
- ☐ 3 tbsp juice of lemon fresh
- ☐ 0.3 cup onion minced
- ☐ 0.5 tsp salt to taste
- ☐ 1 lb tomatoes fresh diced ripe seeded

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Israeli Salad
- ☐ Ingredients1 lb Persian cucumbers, diced1 lb fresh ripe tomatoes, seeded and diced1/3 cup minced onion (optional)1/2 cup minced fresh parsley3 tbsp extra virgin olive oil3 tbsp fresh lemon juice
- ☐ Salt to taste (I use about 1/2 tsp)
- ☐ Servings: 8
- ☐ Kosher Key: Pareve, Kosher for Passover

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.88, Inflammation Score:-6, Nutrition Score:7.4360870233049%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 68.67kcal (3.43%), Fat: 5.5g (8.47%), Saturated Fat: 0.76g (4.74%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 3.35g (1.22%), Sugar: 2.73g (3.03%), Cholesterol: 0mg (0%), Sodium: 151.84mg (6.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Vitamin K: 73.25µg (69.76%), Vitamin C: 17.24mg (20.9%), Vitamin A: 829.5IU (16.59%), Vitamin E: 1.12mg (7.45%), Potassium: 247.87mg (7.08%), Folate: 24.53µg (6.13%), Manganese: 0.12mg (6.08%), Fiber: 1.33g (5.32%), Vitamin B6: 0.09mg (4.41%), Copper: 0.08mg (4.15%), Magnesium: 15.92mg (3.98%), Iron: 0.56mg (3.11%), Vitamin B1: 0.05mg (3.08%), Phosphorus: 30.07mg (3.01%), Vitamin B5: 0.22mg (2.17%), Vitamin B3: 0.42mg (2.1%), Calcium: 20.8mg (2.08%), Vitamin B2: 0.03mg (1.84%), Zinc:

0.25mg (1.65%)