



Lemony Cucumbers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



250 min.

SERVINGS



8

CALORIES



25 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons celery seed
- ☐ 2 cucumbers sliced
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons onion chopped
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons sugar white
- ☐ 0.3 cup citrus champagne vinegar

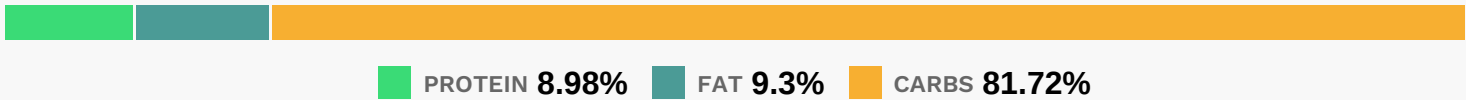
Equipment

☐ mixing bowl

Directions

☐ In a mixing bowl, combine the cucumbers, vinegar, sugar, celery seed, pepper, salt, chopped onion and lemon juice. Toss, cover and chill for 4 hours.

Nutrition Facts



Properties

Glycemic Index:18.01, Glycemic Load:2.31, Inflammation Score:-2, Nutrition Score:2.0060869319283%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 3.81mg, Luteolin: 3.81mg, Luteolin: 3.81mg, Luteolin: 3.81mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 25.42kcal (1.27%), Fat: 0.26g (0.41%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 5.22g (1.74%), Net Carbohydrates: 4.58g (1.66%), Sugar: 4.19g (4.65%), Cholesterol: 0mg (0%), Sodium: 221.07mg (9.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.15%), Manganese: 0.1mg (5.21%), Vitamin K: 5.46µg (5.2%), Vitamin C: 3.43mg (4.16%), Potassium: 118.01mg (3.37%), Copper: 0.06mg (3.15%), Magnesium: 11.92mg (2.98%), Folate: 11.41µg (2.85%), Fiber: 0.64g (2.56%), Iron: 0.44mg (2.42%), Vitamin B6: 0.05mg (2.33%), Calcium: 20.77mg (2.08%), Phosphorus: 20.01mg (2%), Vitamin B5: 0.19mg (1.86%), Vitamin B1: 0.03mg (1.77%), Vitamin B2: 0.02mg (1.28%), Zinc: 0.17mg (1.14%), Vitamin A: 54.59IU (1.09%)