



## Marinated Cucumbers and Tomatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



181 kcal

SIDE DISH

### Ingredients

- 2 cucumbers thinly sliced
- 4 servings pepper freshly ground
- 4 tomatoes sliced
- 0.5 cup balsamic vinaigrette salad dressing

### Equipment

### Directions

Combine 2 cucumbers, thinly sliced, 4 tomatoes, sliced and 1/2 cup vinaigrette. Cover and chill.

Sprinkle with freshly ground pepper, if desired.

## Nutrition Facts

**PROTEIN 4.19%** **FAT 77.01%** **CARBS 18.8%**

### Properties

Glycemic Index:21.25, Glycemic Load:1.6, Inflammation Score:-7, Nutrition Score:9.6156521128572%

### Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

### Nutrients (% of daily need)

Calories: 180.7kcal (9.04%), Fat: 16.15g (24.84%), Saturated Fat: 2.9g (18.12%), Carbohydrates: 8.87g (2.96%), Net Carbohydrates: 6.32g (2.3%), Sugar: 6.09g (6.76%), Cholesterol: 0mg (0%), Sodium: 9.48mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Vitamin K: 51.56µg (49.1%), Vitamin C: 21.65mg (26.24%), Vitamin A: 1133.14IU (22.66%), Vitamin E: 2.15mg (14.34%), Potassium: 499.34mg (14.27%), Manganese: 0.26mg (13.12%), Fiber: 2.55g (10.21%), Folate: 39.47µg (9.87%), Copper: 0.18mg (9.02%), Vitamin B6: 0.18mg (8.76%), Magnesium: 31.7mg (7.93%), Vitamin B1: 0.09mg (6.14%), Phosphorus: 61.18mg (6.12%), Vitamin B5: 0.47mg (4.71%), Vitamin B3: 0.79mg (3.94%), Iron: 0.67mg (3.73%), Vitamin B2: 0.06mg (3.59%), Calcium: 33.74mg (3.37%), Zinc: 0.47mg (3.1%)