



Marinated Cucumbers in Dill



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



27 kcal

SIDE DISH

Ingredients

- ☐ 2.5 cups cucumber english peeled thinly sliced
- ☐ 3 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons water
- ☐ 0.3 teaspoon pepper white
- ☐ 0.5 cup citrus champagne vinegar
- ☐ 1 tablespoon or dried fresh chopped

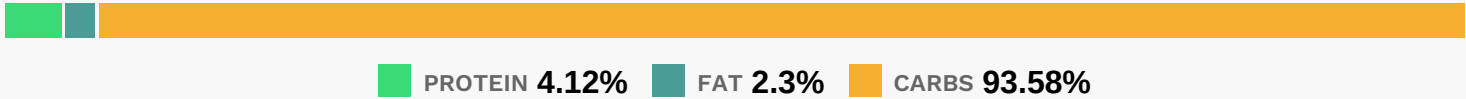
Equipment

- ☐ bowl
- ☐ paper towels

Directions

- ☐ Place cucumber slices and salt in a large bowl; add water to cover.
- ☐ Let stand 1 hour; rinse.
- ☐ Drain well; blot dry with paper towels.
- ☐ Combine vinegar and remaining ingredients in a large bowl.
- ☐ Add cucumber; toss gently to coat. Cover and chill at least 4 hours.

Nutrition Facts



Properties

Glycemic Index:10.21, Glycemic Load:3.5, Inflammation Score:-2, Nutrition Score:1.9469564874535%

Flavonoids

Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 26.76kcal (1.34%), Fat: 0.07g (0.1%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 6.23g (2.08%), Net Carbohydrates: 6.01g (2.19%), Sugar: 5.43g (6.04%), Cholesterol: 0mg (0%), Sodium: 61.11mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.55%), Vitamin K: 23.94µg (22.8%), Vitamin C: 2.54mg (3.08%), Vitamin A: 145.94IU (2.92%), Manganese: 0.04mg (2.12%), Iron: 0.36mg (1.99%), Potassium: 59.6mg (1.7%), Magnesium: 5.89mg (1.47%), Calcium: 12.19mg (1.22%)