



Marinated Cucumbers with Feta

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



133 kcal

SIDE DISH

Ingredients

- 2 cucumbers
- 4 tablespoons feta crumbled
- 0.3 cup balsamic vinaigrette salad dressing

Equipment

Directions

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

Sprinkle each serving with 1 tablespoon crumbled feta cheese; sprinkle with freshly ground pepper, if desired.

Nutrition Facts

PROTEIN 9.71% **FAT 77.66%** **CARBS 12.63%**

Properties

Glycemic Index:10.5, Glycemic Load:0.51, Inflammation Score:-3, Nutrition Score:6.0482608468636%

Nutrients (% of daily need)

Calories: 133.21kcal (6.66%), Fat: 11.72g (18.04%), Saturated Fat: 3.7g (23.14%), Carbohydrates: 4.29g (1.43%), Net Carbohydrates: 3.24g (1.18%), Sugar: 2.46g (2.73%), Cholesterol: 15.13mg (5.04%), Sodium: 196.96mg (8.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Vitamin K: 26.54µg (25.28%), Vitamin B2: 0.18mg (10.65%), Calcium: 104.81mg (10.48%), Phosphorus: 88.79mg (8.88%), Vitamin B6: 0.15mg (7.43%), Folate: 26.44µg (6.61%), Potassium: 215.79mg (6.17%), Vitamin C: 4.8mg (5.82%), Manganese: 0.11mg (5.71%), Copper: 0.11mg (5.6%), Magnesium: 21.23mg (5.31%), Vitamin E: 0.8mg (5.31%), Vitamin B5: 0.52mg (5.24%), Zinc: 0.74mg (4.96%), Vitamin B1: 0.07mg (4.85%), Vitamin B12: 0.29µg (4.79%), Selenium: 2.95µg (4.21%), Fiber: 1.05g (4.2%), Vitamin A: 179.74IU (3.59%), Iron: 0.44mg (2.45%), Vitamin B3: 0.22mg (1.12%)