



Marinated English Cucumber and Onions



Vegetarian



Gluten Free



Dairy Free

READY IN



188 min.

SERVINGS



4

CALORIES



56 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 3 cups cucumber english ()
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 1.5 teaspoons honey
- ☐ 0.3 cup rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1.5 tablespoons sugar
- ☐ 1 cup onion sweet vertically sliced

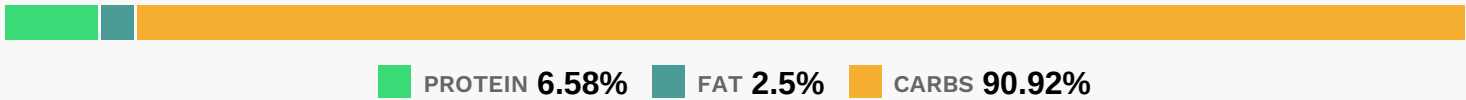
Equipment

☐ bowl

Directions

- ☐ Combine first 6 ingredients in a large bowl, stirring until sugar dissolves.
- ☐ Add sliced cucumber and onion, and toss well. Cover and refrigerate at least 3 hours, tossing occasionally.

Nutrition Facts



Properties

Glycemic Index:51.09, Glycemic Load:4.28, Inflammation Score:-4, Nutrition Score:3.2321739332831%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg

Nutrients (% of daily need)

Calories: 55.54kcal (2.78%), Fat: 0.16g (0.24%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 12.92g (4.31%), Net Carbohydrates: 11.95g (4.34%), Sugar: 9.97g (11.07%), Cholesterol: 0mg (0%), Sodium: 151.46mg (6.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.87%), Vitamin K: 13.01µg (12.39%), Manganese: 0.14mg (7.19%), Vitamin C: 4.91mg (5.95%), Potassium: 179.23mg (5.12%), Folate: 17.57µg (4.39%), Vitamin B6: 0.09mg (4.36%), Magnesium: 16.12mg (4.03%), Fiber: 0.97g (3.88%), Vitamin A: 188.84IU (3.78%), Copper: 0.07mg (3.3%), Phosphorus: 32.4mg (3.24%), Calcium: 28.4mg (2.84%), Iron: 0.48mg (2.65%), Vitamin B1: 0.04mg (2.64%), Vitamin B5: 0.25mg (2.52%), Vitamin B2: 0.04mg (2.49%), Zinc: 0.25mg (1.63%)