



Minted Cucumber Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



45 kcal

SIDE DISH

Ingredients

- ☐ 3 cucumbers peeled thinly sliced
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 1 Dash hot sauce
- ☐ 0.5 cup vanilla yogurt low-fat
- ☐ 1 small onion red separated sliced
- ☐ 2 tablespoons citrus champagne vinegar

Equipment

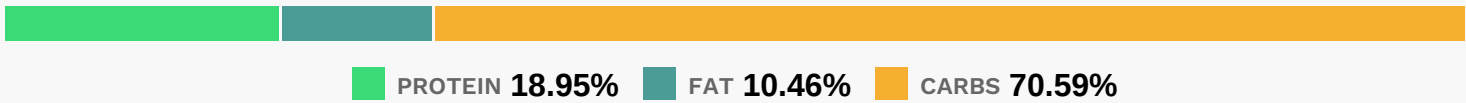
- ☐ bowl

☐ whisk

Directions

- ☐ Combine first 5 ingredients in a small bowl; stir well with a whisk.
- ☐ Place cucumber and onion slices in a shallow dish. Spoon yogurt mixture over vegetables. Cover and chill at least 30 minutes.
- ☐ Serve over lettuce leaves, if desired.
- ☐ carbo rating: 6

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.71, Inflammation Score:-4, Nutrition Score:4.8152173822341%

Flavonoids

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: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 45.39kcal (2.27%), Fat: 0.54g (0.83%), Saturated Fat: 0.2g (1.24%), Carbohydrates: 8.16g (2.72%), Net Carbohydrates: 6.59g (2.4%), Sugar: 5.66g (6.29%), Cholesterol: 1.02mg (0.34%), Sodium: 18.82mg (0.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.38%), Vitamin K: 10.89µg (10.38%), Vitamin C: 7.15mg (8.67%), Potassium: 291.68mg (8.33%), Manganese: 0.17mg (8.28%), Folate: 29.58µg (7.4%), Phosphorus: 66.61mg (6.66%), Calcium: 66.51mg (6.65%), Magnesium: 25.3mg (6.33%), Copper: 0.13mg (6.25%), Fiber: 1.56g (6.25%), Vitamin B6: 0.11mg (5.55%), Vitamin B2: 0.09mg (5.3%), Vitamin B5: 0.5mg (5.04%), Vitamin A: 223.37IU (4.47%), Vitamin B1: 0.07mg (4.37%), Zinc: 0.48mg (3.23%), Iron: 0.53mg (2.96%), Vitamin B12: 0.11µg (1.8%), Selenium: 1.24µg (1.77%)