



My Grandma's Cool Cucumber Salad

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



62 kcal

SIDE DISH

Ingredients

- ☐ 3 cucumbers
- ☐ 1 onion very thin cut into slices
- ☐ 8 servings salt and pepper to taste
- ☐ 2 cups cup heavy whipping cream fat free sour

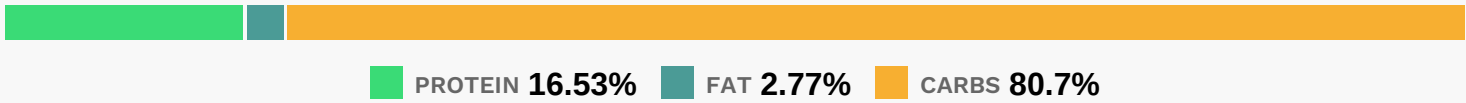
Equipment

- ☐ bowl
- ☐ paper towels

Directions

- ☐ Peel cucumbers, but leave a little on for color and slice by hand as thin as possible. Dry slices with paper towels.
- ☐ Place dried cucumber slices in a large bowl with onion slices. Generously season with salt and pepper. Toss well and let sit 10 minuets, drain any excess liquids.
- ☐ Toss cucumbers and onions in with enough sour cream to coat. Refrigerate until well chilled. Stir, and season with salt and pepper to taste if needed.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:0.53, Inflammation Score:-3, Nutrition Score:4.3026087173949%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 61.55kcal (3.08%), Fat: 0.19g (0.3%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 12.68g (4.23%), Net Carbohydrates: 11.66g (4.24%), Sugar: 2.36g (2.62%), Cholesterol: 5.18mg (1.73%), Sodium: 277.67mg (12.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Calcium: 90.91mg (9.09%), Phosphorus: 82.24mg (8.22%), Vitamin K: 8.15µg (7.77%), Potassium: 247.29mg (7.07%), Vitamin B2: 0.12mg (6.95%), Folate: 24.69µg (6.17%), Vitamin C: 4.62mg (5.6%), Magnesium: 20.63mg (5.16%), Manganese: 0.1mg (5.02%), Copper: 0.09mg (4.73%), Selenium: 3.23µg (4.61%), Vitamin A: 227.9IU (4.56%), Vitamin B1: 0.06mg (4.28%), Vitamin B6: 0.09mg (4.27%), Fiber: 1.02g (4.09%), Zinc: 0.5mg (3.35%), Vitamin B12: 0.17µg (2.88%), Vitamin B5: 0.29mg (2.87%), Iron: 0.28mg (1.54%)