



## Nina's Cucumber Salad



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



51 kcal

SIDE DISH

### Ingredients

- ☐ 6 servings coarse salt and ground pepper black to taste
- ☐ 3 cucumbers halved lengthwise thinly sliced
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup cup heavy whipping cream sour reduced-fat daisy® (such as )
- ☐ 0.5 cup onion red thinly sliced

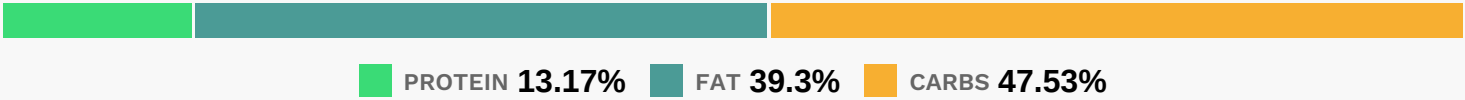
### Equipment

- ☐ bowl

# Directions

- ☐ Mix sour cream, lemon juice, and dill together in a bowl.
- ☐ Add cucumbers and onion; stir to combine. Season with salt and black pepper.

# Nutrition Facts



# Properties

Glycemic Index:14.83, Glycemic Load:0.62, Inflammation Score:-3, Nutrition Score:4.2486956728541%

# Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

# Nutrients (% of daily need)

Calories: 50.81kcal (2.54%), Fat: 2.3g (3.54%), Saturated Fat: 1.29g (8.08%), Carbohydrates: 6.26g (2.09%), Net Carbohydrates: 4.94g (1.8%), Sugar: 2.8g (3.12%), Cholesterol: 6.71mg (2.24%), Sodium: 19.59mg (0.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.47%), Vitamin K: 11.11µg (10.58%), Vitamin C: 8.01mg (9.71%), Potassium: 271.56mg (7.76%), Manganese: 0.14mg (7.09%), Folate: 26.86µg (6.71%), Copper: 0.12mg (5.85%), Magnesium: 21.79mg (5.45%), Fiber: 1.32g (5.28%), Calcium: 52.11mg (5.21%), Phosphorus: 49.62mg (4.96%), Vitamin B6: 0.1mg (4.96%), Vitamin B1: 0.06mg (4.11%), Vitamin B2: 0.07mg (3.85%), Vitamin B5: 0.38mg (3.85%), Vitamin A: 182.27IU (3.65%), Zinc: 0.38mg (2.52%), Iron: 0.39mg (2.19%), Vitamin B12: 0.08µg (1.34%), Selenium: 0.82µg (1.17%)