

Omi's Cucumber Salad

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



161 kcal

SIDE DISH

Ingredients

- 1 teaspoon dill weed dried
- 2 cucumbers english very thin sliced
- 3 green onions finely chopped
- 1 tablespoon salt
- 1 cup cup heavy whipping cream sour
- 2 teaspoons vegetable oil
- 4 teaspoons vinegar

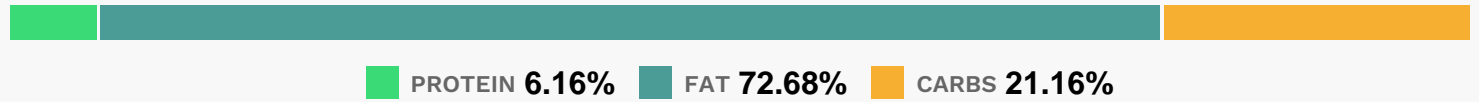
Equipment

- bowl
- colander

Directions

- Mix cucumbers and salt in a bowl; let sit for 1 hour.
- Drain cucumber in a colander, squeezing as much excess liquid as you can with your hands.
- Combine cucumbers and green onions in a bowl.
- Stir sour cream, vinegar, oil, and dill together in a small bowl; drizzle over cucumber mixture and toss to coat.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:7.0865217810092%

Flavonoids

Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 160.65kcal (8.03%), Fat: 13.6g (20.92%), Saturated Fat: 6.21g (38.81%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 7.89g (2.87%), Sugar: 4.68g (5.2%), Cholesterol: 33.92mg (11.31%), Sodium: 1766.99mg (76.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.19%), Vitamin K: 48.23µg (45.93%), Vitamin A: 620.08IU (12.4%), Calcium: 94.39mg (9.44%), Potassium: 325.95mg (9.31%), Vitamin B2: 0.15mg (9.06%), Phosphorus: 84.59mg (8.46%), Vitamin C: 6.53mg (7.92%), Manganese: 0.16mg (7.82%), Magnesium: 28.27mg (7.07%), Vitamin B5: 0.59mg (5.88%), Folate: 19.71µg (4.93%), Vitamin B6: 0.09mg (4.67%), Copper: 0.08mg (4.11%), Fiber: 1.02g (4.07%), Iron: 0.73mg (4.07%), Vitamin B1: 0.06mg (3.87%), Selenium: 2.66µg (3.8%), Zinc: 0.54mg (3.59%), Vitamin E: 0.5mg (3.31%), Vitamin B12: 0.12µg (2.01%), Vitamin B3: 0.25mg (1.27%)