

Refreshing Tomato Cucumber Salad



Gluten Free



Popular

READY IN



75 min.

SERVINGS



4

CALORIES



113 kcal

SIDE DISH

Ingredients

- ☐ 2 cucumbers sliced
- ☐ 1 onion sliced
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 cup salad dressing italian-style
- ☐ 2 tomatoes sliced

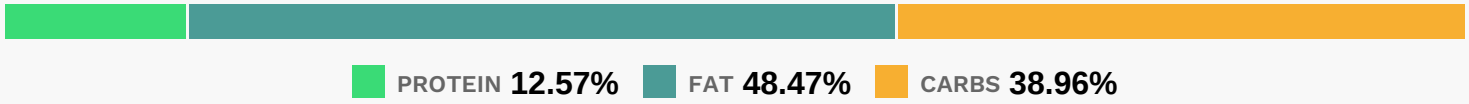
Equipment

- ☐ bowl

Directions

- ☐
- Combine cucumbers, tomatoes, and onion in a bowl.
- ☐
- Add Italian dressing and Parmesan cheese and toss until coated. Refrigerate until chilled, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:1.52, Inflammation Score:-6, Nutrition Score:7.7960869572733%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 113.38kcal (5.67%), Fat: 6.27g (9.65%), Saturated Fat: 1.59g (9.97%), Carbohydrates: 11.35g (3.78%), Net Carbohydrates: 9.09g (3.31%), Sugar: 6.97g (7.75%), Cholesterol: 5.44mg (1.81%), Sodium: 311.01mg (13.52%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.66g (7.32%), Vitamin K: 26.84µg (25.56%), Vitamin C: 15.34mg (18.59%), Vitamin A: 681.96IU (13.64%), Potassium: 417.86mg (11.94%), Manganese: 0.23mg (11.32%), Phosphorus: 96.8mg (9.68%), Calcium: 91.27mg (9.13%), Fiber: 2.26g (9.02%), Folate: 35.83µg (8.96%), Vitamin B6: 0.18mg (8.81%), Copper: 0.16mg (7.99%), Magnesium: 30.68mg (7.67%), Vitamin B1: 0.09mg (5.83%), Vitamin E: 0.84mg (5.62%), Vitamin B5: 0.47mg (4.69%), Vitamin B2: 0.08mg (4.6%), Zinc: 0.69mg (4.6%), Selenium: 2.87µg (4.1%), Iron: 0.63mg (3.52%), Vitamin B3: 0.48mg (2.42%), Vitamin B12: 0.08µg (1.41%)