



Sandra's Mexican Israeli Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



87 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 lb cucumber diced
- ☐ 0.3 cup olive oil extra virgin
- ☐ 0.5 cup cilantro leaves fresh minced
- ☐ 0.5 head lettuce sliced into thin shreds
- ☐ 2 jalapeno fresh diced seeded (use more peppers f heat)
- ☐ 0.3 cup juice of lime fresh
- ☐ 8 servings salt to taste
- ☐ 1 lb tomatoes fresh diced red ripe seeded

☐

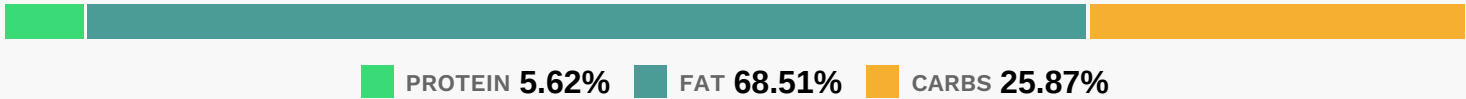
0.5 onion white minced

Equipment

Directions

- ☐ Save Recipe
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- ☐ Sandra's Mexican Israeli Salad
- ☐ Ingredients1 lb Persian cucumbers, diced small1 lb fresh ripe red tomatoes, seeded and diced1/2 head iceberg lettuce, sliced into thin shreds1/2 white onion, minced2 to 6 fresh jalapeños, seeded and diced (use more peppers for more heat)1/2 cup fresh minced cilantro1/4 cup fresh lime juice1/4 cup extra virgin olive oil
- ☐ Salt to taste
- ☐ Servings: 8
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:1.08, Inflammation Score:-6, Nutrition Score:6.0347825431305%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 87.28kcal (4.36%), Fat: 7.03g (10.82%), Saturated Fat: 0.97g (6.05%), Carbohydrates: 5.97g (1.99%), Net Carbohydrates: 4.22g (1.53%), Sugar: 3.51g (3.9%), Cholesterol: 0mg (0%), Sodium: 202.25mg (8.79%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 1.3g (2.59%), Vitamin K: 24.56µg (23.39%), Vitamin C: 17.72mg (21.48%), Vitamin A: 791.37IU (15.83%), Vitamin E: 1.52mg (10.16%), Potassium: 291.87mg (8.34%), Manganese: 0.17mg (8.33%), Folate: 29.84µg (7.46%), Fiber: 1.75g (7.02%), Vitamin B6: 0.12mg (5.79%), Copper: 0.09mg (4.54%), Magnesium: 17.48mg (4.37%), Vitamin B1: 0.06mg (3.97%), Phosphorus: 36.69mg (3.67%), Iron: 0.5mg (2.79%), Vitamin B5: 0.25mg (2.52%), Vitamin B2: 0.04mg (2.38%), Vitamin B3: 0.47mg (2.37%), Calcium: 23.59mg (2.36%), Zinc: 0.27mg (1.81%)