



## Sautéed Cucumbers



Vegetarian



Gluten Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



36 kcal

SIDE DISH

### Ingredients

- 1 medium size cucumber english
- 1 tablespoon butter
- 0.3 teaspoon salt
- 1 serving optional: dill fresh chopped

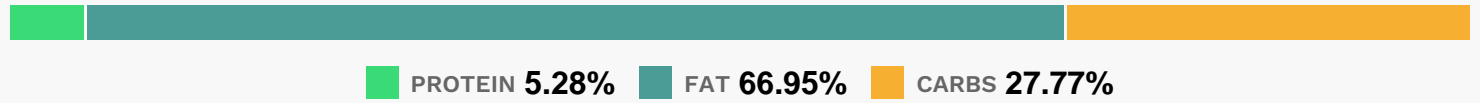
### Equipment

- bowl

## Directions

- Garlic-Ginger Cucumbers
- Cucumber Lemonade
- Avocado, Cucumber, and Apple Smoothie Bowl
- Cucumber Coconut Soup
- Cucumber and Riesling Granita

## Nutrition Facts



## Properties

Glycemic Index:16.25, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.9234782473549%

## Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 36.36kcal (1.82%), Fat: 2.92g (4.49%), Saturated Fat: 1.83g (11.42%), Carbohydrates: 2.73g (0.91%), Net Carbohydrates: 2.35g (0.85%), Sugar: 1.25g (1.39%), Cholesterol: 7.53mg (2.51%), Sodium: 169.36mg (7.36%), Alcohol: 0g (100%), Protein: 0.52g (1.04%), Vitamin K: 12.55µg (11.95%), Vitamin A: 168.14IU (3.36%), Potassium: 111.3mg (3.18%), Manganese: 0.06mg (3%), Vitamin C: 2.12mg (2.57%), Magnesium: 9.84mg (2.46%), Vitamin B5: 0.2mg (1.98%), Phosphorus: 18.86mg (1.89%), Copper: 0.03mg (1.54%), Vitamin B2: 0.03mg (1.53%), Vitamin B6: 0.03mg (1.51%), Fiber: 0.38g (1.5%), Vitamin B1: 0.02mg (1.36%), Folate: 5.39µg (1.35%), Calcium: 12.98mg (1.3%), Iron: 0.21mg (1.19%), Zinc: 0.15mg (1.03%)