



Shirazi Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



30 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

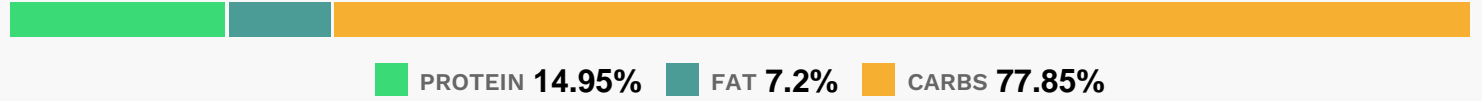
- 2 medium cucumbers diced peeled
- 1 tablespoon juice of lemon
- 1 large onion diced
- 0.5 teaspoon salt
- 2 large tomatoes diced

Equipment

Directions

In a medium serving dish, toss the tomatoes, cucumbers and onion with lemon juice and salt.

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:1.28, Inflammation Score:-5, Nutrition Score:4.4134782513847%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

Nutrients (% of daily need)

Calories: 29.51kcal (1.48%), Fat: 0.26g (0.4%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 6.31g (2.1%), Net Carbohydrates: 4.69g (1.7%), Sugar: 3.64g (4.05%), Cholesterol: 0mg (0%), Sodium: 199.19mg (8.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.43%), Vitamin C: 13.27mg (16.09%), Vitamin A: 554.24IU (11.08%), Vitamin K: 9.72µg (9.25%), Potassium: 274.02mg (7.83%), Manganese: 0.15mg (7.56%), Fiber: 1.63g (6.52%), Folate: 23.73µg (5.93%), Vitamin B6: 0.11mg (5.69%), Copper: 0.09mg (4.68%), Magnesium: 17.37mg (4.34%), Vitamin B1: 0.06mg (3.69%), Phosphorus: 36.08mg (3.61%), Vitamin B5: 0.25mg (2.49%), Vitamin E: 0.36mg (2.38%), Calcium: 21.47mg (2.15%), Vitamin B2: 0.04mg (2.08%), Vitamin B3: 0.42mg (2.08%), Iron: 0.37mg (2.04%), Zinc: 0.26mg (1.74%)