



Simple Cucumber Salad

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



264 kcal

SIDE DISH

Ingredients

- 1 large cucumber
- 0.3 teaspoon ground pepper black
- 1 small onion chopped
- 8 ounce cup heavy whipping cream sour
- 0.5 teaspoon distilled vinegar white
- 1 teaspoon sugar white

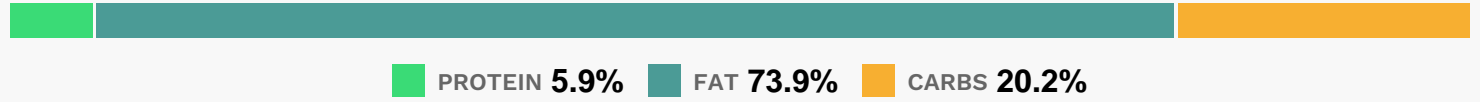
Equipment

- bowl

Directions

- Toss cucumber, onion, sour cream, sugar, vinegar, and black pepper together in a bowl.
- Chill completely in refrigerator to serve.

Nutrition Facts



Properties

Glycemic Index:97.05, Glycemic Load:2.46, Inflammation Score:-6, Nutrition Score:7.4773913570072%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg

Nutrients (% of daily need)

Calories: 263.88kcal (13.19%), Fat: 22.27g (34.27%), Saturated Fat: 11.49g (71.81%), Carbohydrates: 13.7g (4.57%), Net Carbohydrates: 12.06g (4.38%), Sugar: 9.28g (10.31%), Cholesterol: 66.9mg (22.3%), Sodium: 39.45mg (1.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8.01%), Vitamin A: 809.34IU (16.19%), Calcium: 143.38mg (14.34%), Vitamin B2: 0.24mg (13.87%), Phosphorus: 126.18mg (12.62%), Vitamin K: 12.33µg (11.74%), Potassium: 386.64mg (11.05%), Vitamin C: 8.09mg (9.81%), Manganese: 0.19mg (9.62%), Folate: 33.1µg (8.27%), Vitamin B6: 0.16mg (8.03%), Magnesium: 32.08mg (8.02%), Vitamin B5: 0.76mg (7.64%), Copper: 0.14mg (6.85%), Fiber: 1.64g (6.55%), Selenium: 4.54µg (6.49%), Vitamin B1: 0.08mg (5.5%), Zinc: 0.68mg (4.5%), Vitamin B12: 0.24µg (3.97%), Vitamin E: 0.48mg (3.22%), Iron: 0.49mg (2.7%)