



Strawberry, Cucumber, and Basil Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



51 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups cucumbers peeled halved lengthwise seeded thinly sliced
- ☐ 2 tablespoons basil fresh thinly sliced
- ☐ 1 teaspoon juice of lemon freshly squeezed
- ☐ 0.3 teaspoon salt
- ☐ 1 pound strawberries hulled quartered
- ☐ 1 teaspoon sugar

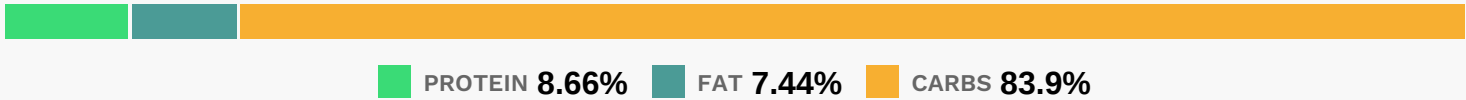
Equipment

☐ bowl

Directions

- ☐ Combine first 4 ingredients in a large bowl, and toss gently to coat. Cover and chill for 1 hour.
- ☐ Combine cucumbers and juice; toss to coat.
- ☐ Add cucumber mixture, salt, and pepper to strawberry mixture; toss gently to combine.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:69.27, Glycemic Load:3.66, Inflammation Score:-5, Nutrition Score:8.478260760722%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 51.14kcal (2.56%), Fat: 0.46g (0.71%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 11.76g (3.92%), Net Carbohydrates: 8.98g (3.26%), Sugar: 7.87g (8.74%), Cholesterol: 0mg (0%), Sodium: 148.47mg (6.46%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.43%), Vitamin C: 69.47mg (84.21%), Manganese: 0.52mg (25.88%), Fiber: 2.78g (11.14%), Vitamin K: 11.64µg (11.08%), Folate: 37.48µg (9.37%), Potassium: 272.69mg (7.79%), Magnesium: 23.95mg (5.99%), Copper: 0.11mg (5.41%), Vitamin B6: 0.09mg (4.49%), Phosphorus: 42.51mg (4.25%), Iron: 0.68mg (3.75%), Vitamin B1: 0.05mg (3.24%), Vitamin B5: 0.31mg (3.07%), Calcium: 30.63mg (3.06%), Vitamin B2: 0.04mg (2.53%), Vitamin E: 0.36mg (2.4%), Vitamin B3: 0.47mg (2.37%), Vitamin A: 115IU (2.3%), Zinc: 0.28mg (1.9%)