



Strawberry, Cucumber & Mint Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



42 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cucumbers divided
- 0.3 cup mint leaves fresh divided
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 1 optional: lemon quartered
- 1 small onion red finely chopped
- 2 serrano chiles divided seeded finely chopped
- 4 cups strawberries fresh chopped

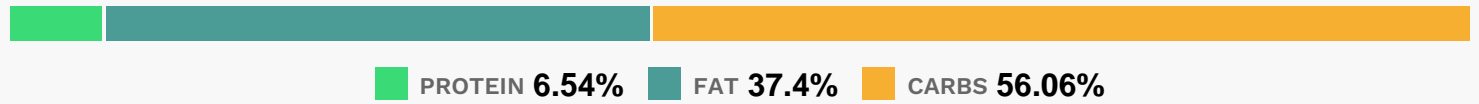
Equipment

- bowl
- knife
- blender

Directions

- Blend dressing, 1/4 cup mint and 4-1/2 tsp. chiles in blender until smooth. Chop remaining mint with knife, set aside.
- Peel, seed and chop 1 cucumber; place in medium bowl.
- Add berries, onions, remaining chiles and 1/4 cup dressing mixture; mix lightly.
- Cut remaining cucumber into very thin slices. Toss with remaining dressing mixture and chopped mint; place on platter. Top with berry mixture. Squeeze lemon wedges over salad just before serving.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:1.23, Inflammation Score:-3, Nutrition Score:4.1408696019131%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.54mg, Pelargonidin: 9.54mg, Pelargonidin: 9.54mg, Pelargonidin: 9.54mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 1.85mg, Eriodictyol: 1.85mg, Eriodictyol: 1.85mg, Eriodictyol: 1.85mg Hesperetin: 2.11mg, Hesperetin: 2.11mg, Hesperetin: 2.11mg, Hesperetin: 2.11mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg Gallocatechin: 0.01mg, Gallocatechin:

0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 41.87kcal (2.09%), Fat: 1.87g (2.88%), Saturated Fat: 0.25g (1.57%), Carbohydrates: 6.32g (2.11%), Net Carbohydrates: 4.84g (1.76%), Sugar: 3.8g (4.22%), Cholesterol: 0mg (0%), Sodium: 79.8mg (3.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.47%), Vitamin C: 28.93mg (35.06%), Manganese: 0.2mg (10.24%), Vitamin K: 8.24µg (7.84%), Fiber: 1.48g (5.94%), Folate: 18.33µg (4.58%), Potassium: 148.5mg (4.24%), Vitamin B6: 0.06mg (3.17%), Magnesium: 12.47mg (3.12%), Copper: 0.06mg (2.91%), Phosphorus: 23.12mg (2.31%), Iron: 0.38mg (2.12%), Vitamin E: 0.31mg (2.08%), Vitamin B1: 0.03mg (2.05%), Calcium: 18.84mg (1.88%), Vitamin A: 87.93IU (1.76%), Vitamin B5: 0.17mg (1.72%), Vitamin B2: 0.03mg (1.48%), Vitamin B3: 0.22mg (1.09%), Zinc: 0.16mg (1.05%)