



Summer Cucumber Salad



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



90 kcal

SIDE DISH

Ingredients

- ☐ 1 large cucumber english sliced
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 8 ounce cup heavy whipping cream sour reduced-fat

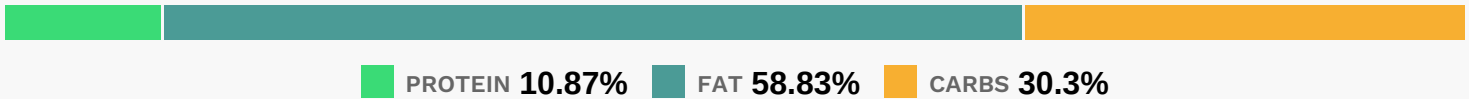
Equipment

- ☐ bowl

Directions

- ☐ Mix the dill, chives, and sour cream together in a small bowl. Stir the lemon juice into the sour cream mixture; allow to sit at room temperature for 30 minutes.
- ☐ Place the cucumber slices in a large bowl.
- ☐ Add the sour cream mixture to the cucumbers and stir gently until evenly coated.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:4.015652153803%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 89.72kcal (4.49%), Fat: 6.11g (9.41%), Saturated Fat: 3.77g (23.59%), Carbohydrates: 7.09g (2.36%), Net Carbohydrates: 6.66g (2.42%), Sugar: 1.5g (1.67%), Cholesterol: 19.84mg (6.61%), Sodium: 48.76mg (2.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.08%), Vitamin K: 15.78µg (15.03%), Calcium: 93.97mg (9.4%), Vitamin A: 345.68IU (6.91%), Potassium: 240.23mg (6.86%), Vitamin C: 5.1mg (6.19%), Phosphorus: 59.56mg (5.96%), Vitamin B2: 0.1mg (5.63%), Magnesium: 16.38mg (4.1%), Vitamin B12: 0.24µg (3.97%), Folate: 14.11µg (3.53%), Manganese: 0.07mg (3.39%), Vitamin B1: 0.05mg (3.01%), Zinc: 0.45mg (2.97%), Selenium: 2µg (2.86%), Vitamin B6: 0.05mg (2.28%), Copper: 0.04mg (2.15%), Vitamin B5: 0.2mg (2.05%), Fiber: 0.43g (1.71%), Iron: 0.29mg (1.61%), Vitamin E: 0.2mg (1.34%)