



Sweet-and-Sour Cucumbers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



27 kcal

SIDE DISH

Ingredients

- 0.3 cup cider vinegar
- 4 cups cucumber peeled thinly sliced (3 large)
- 1 tablespoon teaspoon dill dried fresh chopped
- 0.5 teaspoon salt
- 3 tablespoons sugar

Equipment

- bowl

Directions

Place the first 3 ingredients in a large bowl; toss gently to coat. Stir in vinegar and dill. Cover and chill 2 hours.

Nutrition Facts

 PROTEIN **5.92%**  FAT **4.1%**  CARBS **89.98%**

Properties

Glycemic Index:17.51, Glycemic Load:3.32, Inflammation Score:-1, Nutrition Score:1.4534782618284%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 26.89kcal (1.34%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 5.52g (2.01%), Sugar: 5.44g (6.04%), Cholesterol: 0mg (0%), Sodium: 147.12mg (6.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.79%), Vitamin K: 4.79µg (4.56%), Manganese: 0.07mg (3.42%), Potassium: 96.38mg (2.75%), Vitamin C: 2.17mg (2.63%), Copper: 0.05mg (2.42%), Folate: 9.39µg (2.35%), Magnesium: 8.38mg (2.1%), Fiber: 0.47g (1.87%), Vitamin B6: 0.03mg (1.7%), Vitamin B5: 0.16mg (1.6%), Phosphorus: 14.6mg (1.46%), Vitamin B1: 0.02mg (1.38%), Vitamin B2: 0.02mg (1.04%), Vitamin A: 51.74IU (1.03%), Calcium: 10.07mg (1.01%)