



WHATSheATE



Sweet and Tangy Cucumber Salad



Vegetarian



Gluten Free

READY IN



105 min.

SERVINGS



4

CALORIES



63 kcal

SIDE DISH

Ingredients

- ☐ 1 pinch cayenne pepper
- ☐ 0.3 teaspoon celery seed
- ☐ 0.3 cup cider vinegar
- ☐ 3 small cucumbers thinly sliced
- ☐ 0.3 teaspoon basil dried
- ☐ 0.3 teaspoon dill weed dried
- ☐ 0.3 teaspoon garlic powder
- ☐ 1.5 teaspoons grapeseed oil

- ☐ 1.5 teaspoons honey
- ☐ 1 tablespoon cup heavy whipping cream sour reduced-fat
- ☐ 0.3 teaspoon oregano dried
- ☐ 1 small onion red thinly sliced
- ☐ 1 teaspoon salt
- ☐ 1 tomatoes seeded thinly sliced
- ☐ 0.5 teaspoon sugar white

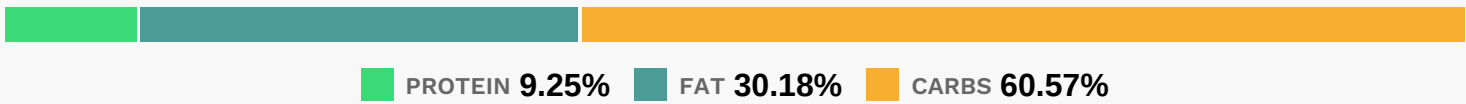
Equipment

- ☐ bowl
- ☐ whisk
- ☐ colander

Directions

- ☐ Sprinkle cucumber slices with salt in a colander.
- ☐ Let stand until cucumbers are drained, about 30 minutes.
- ☐ Transfer to a large bowl and toss with tomato and onion.
- ☐ Whisk vinegar, grapeseed oil, honey, sour cream, celery seed, basil, garlic powder, oregano, dill weed, sugar, and cayenne pepper in a small bowl; stir into vegetable mixture. Cover and refrigerate for at least 1 hour to overnight.

Nutrition Facts



Properties

Glycemic Index:84.59, Glycemic Load:2.68, Inflammation Score:-5, Nutrition Score:5.0530434921384%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg,

Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 62.96kcal (3.15%), Fat: 2.15g (3.3%), Saturated Fat: 0.38g (2.41%), Carbohydrates: 9.69g (3.23%), Net Carbohydrates: 7.9g (2.87%), Sugar: 6.34g (7.05%), Cholesterol: 1.05mg (0.35%), Sodium: 590.25mg (25.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Vitamin K: 12.96µg (12.34%), Vitamin C: 10.16mg (12.31%), Manganese: 0.22mg (11.22%), Potassium: 302.72mg (8.65%), Vitamin A: 368.57IU (7.37%), Fiber: 1.79g (7.18%), Folate: 27.43µg (6.86%), Vitamin B6: 0.13mg (6.37%), Copper: 0.12mg (6.07%), Magnesium: 23.26mg (5.82%), Phosphorus: 45.9mg (4.59%), Vitamin E: 0.69mg (4.58%), Vitamin B1: 0.06mg (4.25%), Calcium: 38.69mg (3.87%), Iron: 0.65mg (3.62%), Vitamin B5: 0.35mg (3.5%), Vitamin B2: 0.05mg (2.94%), Zinc: 0.35mg (2.36%), Vitamin B3: 0.28mg (1.41%)