



# Tomato, Cucumber and Red Onion Salad with Mint

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



109 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 large cucumbers halved lengthwise seeded sliced
- 0.5 cup mint leaves fresh chopped
- 3 tablespoons olive oil
- 0.7 cup onion red coarsely chopped
- 0.3 cup red wine vinegar
- 1 teaspoon salt
- 6 servings salt and pepper to taste

3 large tomatoes seeded coarsely chopped

1 tablespoon sugar white

## Equipment

bowl

## Directions

In a large bowl, toss together the cucumbers, vinegar, sugar and salt.

Let stand at room temperature for an hour, stirring occasionally.

Add tomatoes, onion, mint and oil to cucumbers and toss to blend. Season to taste with salt and pepper.

## Nutrition Facts



**PROTEIN 6.02%** **FAT 59.13%** **CARBS 34.85%**

## Properties

Glycemic Index:25.02, Glycemic Load:2.9, Inflammation Score:-7, Nutrition Score:7.0673913657665%

## Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

## Nutrients (% of daily need)

Calories: 109.42kcal (5.47%), Fat: 7.39g (11.37%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 9.8g (3.27%), Net Carbohydrates: 7.45g (2.71%), Sugar: 6.43g (7.15%), Cholesterol: 0mg (0%), Sodium: 590.88mg (25.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.39%), Vitamin C: 18.03mg (21.85%), Vitamin A: 984.89IU (19.7%), Vitamin K: 18.19µg (17.33%), Manganese: 0.25mg (12.33%), Potassium: 395.3mg (11.29%), Vitamin E: 1.53mg (10.21%), Fiber: 2.35g (9.39%), Folate: 34.37µg (8.59%), Vitamin B6: 0.15mg (7.33%), Copper: 0.14mg (7.06%), Magnesium: 26.53mg (6.63%), Phosphorus: 50.4mg (5.04%), Vitamin B1: 0.07mg (4.92%), Iron: 0.78mg (4.35%), Calcium: 36.61mg (3.66%), Vitamin B5: 0.34mg (3.4%), Vitamin B3: 0.66mg (3.3%), Vitamin B2: 0.06mg (3.28%), Zinc: 0.39mg (2.61%)