



Tomato, Cucumber and Red Onion Salad with Mint



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



109 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 large cucumber english
- ☐ 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
- ☐ 1 tablespoon sugar

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3 large tomatoes seeded coarsely chopped

Equipment

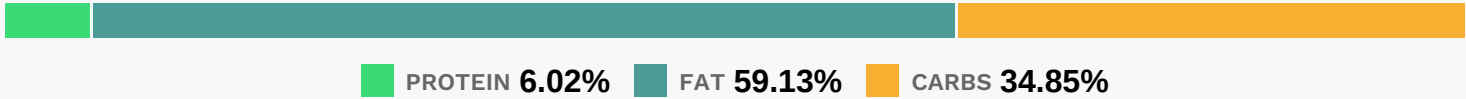
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bowl

Directions

- ☐ SERVINGS
- ☐ Cut cucumbers in half lengthwise; scrape out seeds.
- ☐ Cut halves diagonally into 1/2-inch-wide pieces.
- ☐ Place in large bowl.
- ☐ Add vinegar, sugar and salt.
- ☐ Let stand at room temperature 1 hour; toss occasionally.
- ☐ Add tomatoes, red onion, mint and oil to cucumbers and toss to blend. Season salad with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:25.02, Glycemic Load:2.9, Inflammation Score:-7, Nutrition Score:7.0647826933342%

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: 397.09mg (17.26%), 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 (12.3%), Potassium: 395.26mg (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 (7.05%), Magnesium: 26.53mg (6.63%), Phosphorus: 50.4mg (5.04%), Vitamin B1: 0.07mg (4.92%), Iron: 0.78mg (4.35%), Calcium: 36.49mg (3.65%), Vitamin B5: 0.34mg (3.4%), Vitamin B3: 0.66mg (3.3%), Vitamin B2: 0.06mg (3.28%), Zinc: 0.39mg (2.6%)