



Tomato-Cucumber Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



148 kcal

SIDE DISH

Ingredients

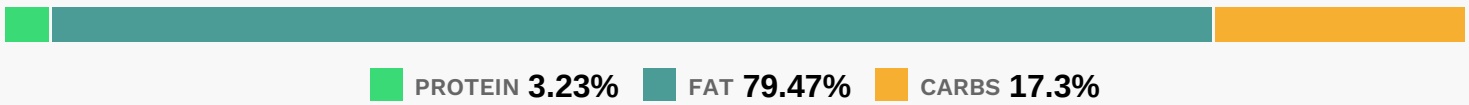
- ☐ 1 cucumber seedless sliced
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 teaspoon lemon zest
- ☐ 0.3 cup olive oil-and-vinegar dressing
- ☐ 0.5 small onion thinly sliced
- ☐ 4 servings salt and pepper to taste
- ☐ 2 cups vine-ripened tomatoes cut into quarters

Equipment

Directions

- ☐ Stir together cucumber, onion, and tomatoes.
- ☐ Add oil-and-vinegar dressing, lemon zest, lemon juice, and salt and pepper to taste. Toss to coat.
- ☐ Tip: Grape or cherry tomatoes, halved, may be substituted .
- ☐ Note: For testing purposes only, we used Campari tomatoes and Newman's Own Olive Oil & Vinegar Salad Dressing.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0.94, Inflammation Score:-6, Nutrition Score:5.9295652482821%

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: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 148.44kcal (7.42%), Fat: 13.75g (21.15%), Saturated Fat: 1.92g (11.98%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 5.28g (1.92%), Sugar: 3.69g (4.1%), Cholesterol: 0mg (0%), Sodium: 199.69mg (8.68%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.26g (2.51%), Vitamin K: 26.35µg (25.09%), Vitamin C: 14.73mg (17.85%), Vitamin E: 2.38mg (15.85%), Vitamin A: 699.86IU (14%), Potassium: 304.03mg (8.69%), Manganese: 0.16mg (7.82%), Fiber: 1.46g (5.82%), Vitamin B6: 0.1mg (5.11%), Magnesium: 19.09mg (4.77%), Folate: 18.87µg (4.72%), Copper: 0.08mg (3.95%), Phosphorus: 38.75mg (3.87%), Vitamin B1: 0.05mg (3.53%), Iron: 0.51mg (2.84%), Vitamin B5: 0.28mg (2.77%), Vitamin B3: 0.53mg (2.65%), Vitamin B2: 0.04mg (2.47%), Calcium: 22.28mg (2.23%), Zinc: 0.29mg (1.96%)