



## Tomato Cucumber Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



168 kcal

SIDE DISH

### Ingredients

- 250 grams cherry tomatoes halved
- 150 grams cucumber diced seeded
- 1 clove garlic minced
- 1 tablespoon juice of lemon
- 2 tablespoons olive oil extra virgin extra-virgin
- 2 servings pepper black freshly ground
- 1 shallots finely chopped
- 1 tablespoon frangelico fresh chopped

1 tablespoon frangelico fresh chopped

## Equipment

bowl

frying pan

## Directions

Heat the olive oil in a skillet.

Add in the chopped shallot and sliced garlic. Stir-fry for over medium heat until lightly golden.

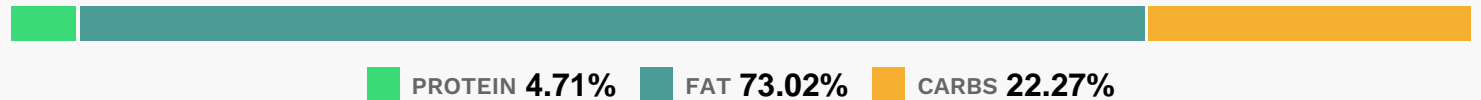
Remove from the heat and stir in lemon juice. Season with salt and pepper.

Cut the cherry tomatoes into halves and the cucumber to 1cm dices.

Transfer them into a salad bowl.

Pour in the dressing and parsley. Toss gently and chill for an hour before serving.

## Nutrition Facts



## Properties

Glycemic Index:53.5, Glycemic Load:0.83, Inflammation Score:-6, Nutrition Score:8.4039130434783%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

## Taste

Sweetness: 59.35%, Saltiness: 26.13%, Sourness: 100%, Bitterness: 35.26%, Savoriness: 19.78%, Fattiness: 56.17%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 168.4kcal (8.42%), Fat: 14.3g (22%), Saturated Fat: 1.97g (12.3%), Carbohydrates: 9.81g (3.27%), Net Carbohydrates: 7.93g (2.88%), Sugar: 5.34g (5.93%), Cholesterol: 0mg (0%), Sodium: 17.38mg (0.76%), Protein: 2.07g (4.15%), Vitamin C: 35.27mg (42.75%), Vitamin E: 2.76mg (18.38%), Vitamin K: 17.62µg (16.78%), Vitamin A: 666.88IU (13.34%), Manganese: 0.26mg (13.06%), Potassium: 431.46mg (12.33%), Vitamin B6: 0.2mg (10.12%), Copper: 0.17mg (8.25%), Folate: 32.56µg (8.14%), Fiber: 1.88g (7.52%), Iron: 1.28mg (7.14%), Phosphorus: 61.3mg (6.13%), Magnesium: 23.87mg (5.97%), Vitamin B1: 0.08mg (5.38%), Vitamin B5: 0.4mg (3.98%), Vitamin B3: 0.74mg (3.68%), Calcium: 32.62mg (3.26%), Vitamin B2: 0.05mg (3.04%), Zinc: 0.37mg (2.5%), Selenium: 1.08µg (1.54%)