



## Tomato Cucumber Salad II

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



136 kcal

SIDE DISH

### Ingredients

- 1 large cucumber sliced
- 2 cloves garlic minced
- 2 teaspoons ground pepper fresh black
- 0.3 cup mayonnaise
- 0.5 onion diced red
- 4 servings salt to taste
- 4 medium tomatoes fresh cut into 1 inch chunks

### Equipment

bowl

## Directions

In a large bowl, toss together the tomatoes, cucumber, onion, mayonnaise, and garlic. Season with pepper and salt.

## Nutrition Facts

 PROTEIN **5.62%**  FAT **69.44%**  CARBS **24.94%**

## Properties

Glycemic Index:48, Glycemic Load:2, Inflammation Score:-7, Nutrition Score:8.4791303289973%

## Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

## Nutrients (% of daily need)

Calories: 135.99kcal (6.8%), Fat: 10.88g (16.74%), Saturated Fat: 1.7g (10.64%), Carbohydrates: 8.8g (2.93%), Net Carbohydrates: 6.31g (2.3%), Sugar: 4.89g (5.43%), Cholesterol: 5.88mg (1.96%), Sodium: 291.24mg (12.66%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Vitamin K: 39.29µg (37.42%), Vitamin C: 20.58mg (24.94%), Vitamin A: 1089.97IU (21.8%), Manganese: 0.36mg (18.16%), Potassium: 428.93mg (12.26%), Fiber: 2.48g (9.94%), Vitamin B6: 0.17mg (8.66%), Folate: 31.78µg (7.94%), Vitamin E: 1.16mg (7.73%), Copper: 0.15mg (7.41%), Magnesium: 25.53mg (6.38%), Phosphorus: 55.02mg (5.5%), Vitamin B1: 0.08mg (5.27%), Vitamin B3: 0.79mg (3.97%), Iron: 0.67mg (3.71%), Vitamin B5: 0.34mg (3.41%), Calcium: 33.65mg (3.36%), Vitamin B2: 0.05mg (2.98%), Zinc: 0.4mg (2.68%), Selenium: 0.72µg (1.03%)