



 **50%**  
HEALTH SCORE

## Tomato Cucumber Salad (Salad Shirazi)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



144 kcal

SIDE DISH

### Ingredients

- 1 cucumber diced peeled seeded
- 1 garlic clove minced
- 1 jalapeno seeded chopped
- 1 juice of lime
- 0.3 cup mint leaves chopped
- 4 tablespoons olive oil
- 6 servings bell pepper
- 6 servings bell pepper

- 6 servings salt
- 2 spring onion chopped
- 3 tomatoes diced seeded

## Equipment

- bowl
- whisk

## Directions

- In a jar, whisk together the dressing ingredients (oil - pepper).In a large salad bowl, combine salad ingredients, toss.
- Add the dressing and toss.Refrigerate at least 30 minutes before serving.Submit a Correction

## Nutrition Facts

**PROTEIN 6.55%** **FAT 57.89%** **CARBS 35.56%**

## Properties

Glycemic Index:35.17, Glycemic Load:2.75, Inflammation Score:-9, Nutrition Score:18.55826079068%

## Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

## Nutrients (% of daily need)

Calories: 144.02kcal (7.2%), Fat: 10.03g (15.43%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 13.86g (4.62%), Net Carbohydrates: 9.24g (3.36%), Sugar: 8.84g (9.83%), Cholesterol: 0mg (0%), Sodium: 205.68mg (8.94%), Alcohol: 0g (100%), Protein: 2.55g (5.1%), Vitamin C: 206.72mg (250.56%), Vitamin A: 5387.26IU (107.75%), Vitamin K: 30.13µg (28.69%), Vitamin E: 4.16mg (27.75%), Vitamin B6: 0.53mg (26.59%), Folate: 91.32µg (22.83%), Fiber: 4.62g (18.47%), Potassium: 567.18mg (16.21%), Manganese: 0.32mg (16.07%), Vitamin B3: 1.95mg (9.73%), Vitamin B2: 0.16mg (9.62%), Magnesium: 34.33mg (8.58%), Vitamin B1: 0.13mg (8.41%), Phosphorus: 69.38mg (6.94%), Vitamin B5: 0.68mg (6.75%), Iron: 1.18mg (6.53%), Copper: 0.11mg (5.64%), Zinc: 0.62mg (4.13%), Calcium: 34.63mg (3.46%)