



## Tomato, Onion and Cucumber Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



89 kcal

SIDE DISH

### Ingredients

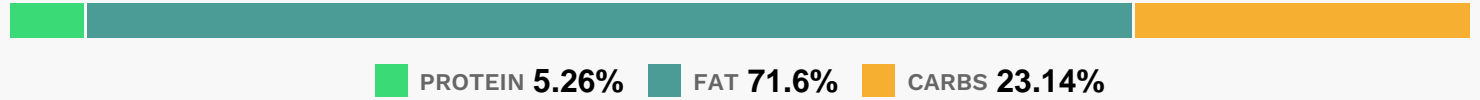
- 4 servings coarse salt and pepper black
- 1 kirby cucumber halved lengthwise thinly sliced
- 2 tablespoons a drizzle of olive oil generous extra-virgin
- 5 medium plum tomatoes halved lengthwise seeded thinly sliced
- 0.3 onion red peeled halved lengthwise thinly sliced
- 2 tablespoon es red wine vinegar

### Equipment

## Directions

- Watch how to make this recipe.
- Dress the tomatoes, onions, and cucumber with olive oil, red wine vinegar, salt, and pepper.
- Let stand while you prepare dinner, about 20 minutes. Re-toss and serve salad with crusty bread for mopping up juices and oil.

## Nutrition Facts



## Properties

Glycemic Index:20, Glycemic Load:1.1, Inflammation Score:-6, Nutrition Score:5.211739178585%

## Flavonoids

Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

## Nutrients (% of daily need)

Calories: 89kcal (4.45%), Fat: 7.28g (11.2%), Saturated Fat: 1g (6.25%), Carbohydrates: 5.3g (1.77%), Net Carbohydrates: 3.73g (1.35%), Sugar: 3.36g (3.74%), Cholesterol: 0mg (0%), Sodium: 200.18mg (8.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.41%), Vitamin C: 13.56mg (16.44%), Vitamin K: 15.76µg (15.01%), Vitamin A: 699.71IU (13.99%), Vitamin E: 1.45mg (9.67%), Potassium: 298.75mg (8.54%), Manganese: 0.16mg (7.8%), Fiber: 1.57g (6.29%), Folate: 23.43µg (5.86%), Vitamin B6: 0.11mg (5.42%), Copper: 0.1mg (5.13%), Magnesium: 18.52mg (4.63%), Phosphorus: 36.94mg (3.69%), Vitamin B1: 0.06mg (3.67%), Vitamin B5: 0.26mg (2.57%), Iron: 0.46mg (2.57%), Vitamin B3: 0.5mg (2.48%), Vitamin B2: 0.04mg (2.08%), Calcium: 20.47mg (2.05%), Zinc: 0.27mg (1.82%)