



## Wally's Cucumber Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



145 kcal

SIDE DISH

### Ingredients

- 4 servings pepper black freshly ground to taste
- 2 cucumbers thinly sliced
- 1 ear corn
- 1 teaspoon garlic powder
- 0.3 cup mayonnaise low-fat
- 2 tablespoons olive oil
- 0.3 large onion red thinly sliced chopped
- 1 teaspoon salt

- 1 tomatoes thinly sliced chopped
- 2 tablespoons vinegar

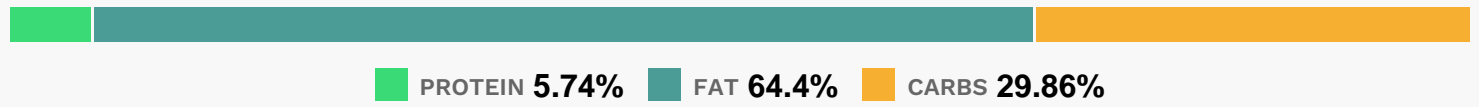
## Equipment

- bowl

## Directions

- Toss sliced cucumbers, red onion, tomato, and corn in a large salad bowl.
- Stir in mayonnaise, vinegar, and olive oil, and season with garlic powder, salt, and black pepper. Toss salad again to coat vegetables with dressing.
- Cover and refrigerate for 30 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:41.75, Glycemic Load:0.82, Inflammation Score:-5, Nutrition Score:6.7000000062196%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg 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: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

## Nutrients (% of daily need)

Calories: 145.01kcal (7.25%), Fat: 10.73g (16.51%), Saturated Fat: 1.56g (9.73%), Carbohydrates: 11.19g (3.73%), Net Carbohydrates: 9.11g (3.31%), Sugar: 5.1g (5.67%), Cholesterol: 2.24mg (0.75%), Sodium: 706.11mg (30.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.31%), Vitamin K: 25.22µg (24.02%), Vitamin C: 11.06mg (13.41%), Manganese: 0.22mg (10.85%), Potassium: 362.63mg (10.36%), Vitamin E: 1.55mg (10.33%), Folate: 37.3µg (9.32%), Vitamin A: 416.71IU (8.33%), Fiber: 2.08g (8.31%), Magnesium: 31.52mg (7.88%), Copper: 0.15mg (7.42%), Vitamin B6: 0.14mg (7.16%), Vitamin B1: 0.1mg (6.69%), Phosphorus: 66.58mg (6.66%), Vitamin B5: 0.57mg (5.72%), Iron: 0.66mg (3.68%), Vitamin B2: 0.06mg (3.46%), Vitamin B3: 0.65mg (3.26%), Zinc: 0.46mg (3.05%), Calcium: 28.89mg (2.89%), Selenium: 0.91µg (1.3%)