



Wally's Cucumber Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



126 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground to taste
- ☐ 2 cucumbers thinly sliced
- ☐ 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

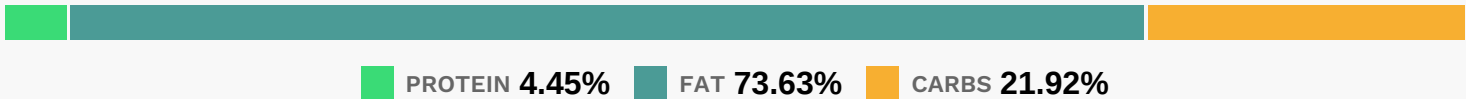
Equipment

☐ 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:-4, Nutrition Score:5.632608688396%

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: 125.66kcal (6.28%), Fat: 10.43g (16.04%), Saturated Fat: 1.48g (9.27%), Carbohydrates: 6.98g (2.33%), Net Carbohydrates: 5.35g (1.95%), Sugar: 3.69g (4.1%), Cholesterol: 2.24mg (0.75%), Sodium: 702.73mg (30.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Vitamin K: 25.16µg (23.96%), Vitamin C: 9.53mg (11.55%), Vitamin E: 1.53mg (10.22%), Manganese: 0.18mg (9.02%), Potassium: 301.88mg (8.63%), Vitamin A: 374.63IU (7.49%), Folate: 27.85µg (6.96%), Copper: 0.14mg (6.81%), Fiber: 1.63g (6.51%), Vitamin B6: 0.12mg (6.12%), Magnesium: 23.19mg (5.8%), Phosphorus: 46.56mg (4.66%), Vitamin B1: 0.07mg (4.37%), Vitamin B5: 0.41mg (4.11%), Iron: 0.55mg (3.03%), Calcium: 28.44mg (2.84%), Vitamin B2: 0.05mg (2.73%), Zinc: 0.35mg (2.36%), Vitamin B3: 0.25mg (1.27%), Selenium: 0.77µg (1.11%)