

# Tangy Cucumber Salad

*Dashrecipes.com July 2014*

## Servings: 2

*3 small English cucumbers*

*1 teaspoon salt*

*1/2 small red onion, thinly sliced*

*3 tablespoons white wine vinegar*

*salt and pepper (to taste)*

Thinly slice the cucumbers. In a colander, toss with the salt. Let sit for 15 minutes.

In a bowl, mix the cucumber, onion, olive oil and vinegar.

Season with salt and pepper.

Let sit for 20 minutes.

Per Serving (excluding unknown items): 78 Calories; trace Fat (0.6% calories from fat); 6g Protein; 17g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 1067mg Sodium. Exchanges: 1/2 Vegetable; 0 Other Carbohydrates.

Salads

## Per Serving Nutritional Analysis

Calories (kcal):	78
% Calories from Fat:	0.6%
% Calories from Carbohydrates:	71.8%
% Calories from Protein:	27.6%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	17g
Dietary Fiber (g):	7g
Protein (g):	6g
Sodium (mg):	1067mg
Potassium (mg):	85mg
Calcium (mg):	16mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	8mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0

Iron (mg): trace  
Zinc (mg): trace  
Vitamin C (mg): 31mg  
Vitamin A (i.u.): 1200IU  
Vitamin A (r.e.): 0RE

Fat: 0  
Other Carbohydrates: 0

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## Nutrition Facts

Servings per Recipe: 2

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### Amount Per Serving

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<b>Calories</b>	78	Calories from Fat: 0
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### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	1067mg	44%
<b>Total Carbohydrates</b>	17g	6%
Dietary Fiber	7g	27%
<b>Protein</b>	6g	

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<b>Vitamin A</b>	24%
<b>Vitamin C</b>	52%
<b>Calcium</b>	2%
<b>Iron</b>	1%

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\* Percent Daily Values are based on a 2000 calorie diet.