



PHOTO CREDIT: Food Hero

Summer Cucumbers

Source: Food Hero

Serving size: 2/3 cup Servings per recipe: 6

This cool refreshing salad is perfect for summer picnics and outdoor barbecues!

Ingredients

- 5 cups sliced cucumbers
- 1/2 cup sliced red onion
- 1/2 teaspoon salt
- 1/4 ground black pepper
- 2 Tablespoons red wine vinegar

Materials

Cutting board and sharp knife, medium bowl, measuring cups and spoons, peeler

Directions

1. Combine cucumbers, onion, salt, black pepper and vinegar together.
2. Refrigerate leftovers within 2 hours.

Nutrition Facts

Serving Size 2/3 cup (106g)

Servings Per Container 6

Amount Per Serving

Calories 20 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 1g

Vitamin A 2% • **Vitamin C 6%**

Calcium 2% • **Iron 2%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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