

Cucumber Onion Salad

Compliments of Chef Richard's Kitchen

10 Servings

2 cucumbers, thinly sliced

1 small red onion, thinly
sliced

$\frac{3}{4}$ C red wine vinegar

$\frac{1}{4}$ C sugar

$\frac{1}{4}$ tsp salt

Slice cucumbers and onion with
either a sharp knife or a
mandoline. Place in a medium
sized bowl.

Place vinegar, sugar and salt into
small bowl and whisk together.

Pour dressing over cucumber and
onion and toss to coat.

Serve chilled.



Nutrition Facts	
Portion Size	83 g
Amount Per Portion	
Calories	35
% Daily Value *	
Total Fat 0.1g	0 %
Sodium 61mg	3 %
Total Carbohydrate 7.9g	3 %
Dietary Fiber 0.7g	2 %
Sugar 5.5g **	
Protein 0.4g	1 %
Vitamin D 0mcg **	0 %
Calcium 10mg	1 %
Iron 0.2mg	1 %
Potassium 101mg	2 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice. ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.	

Source:
<https://www.nutritionvalue.org>