

Marinated Cucumber Salad



Makes:

4 servings

Utensil:

Saladmaster Food Processor
3.5 Qt. Double Walled Bowl

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Recipe:

Contributed By:

The Saladmaster Guide to Healthy and Nutritious Cooking
Cookbook

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2 - 3 medium
cucumbers, scrubbed, waffled, use Cone #5
(225
g)
1/4 teaspoon
salt substitute
(2
g)

Directions:

1. Place cucumber slices in medium bowl. Sprinkle with salt substitute and toss to combine.
2. In small bowl, combine vinegar, sugar, and water, stirring to dissolve sugar. Pour over cucumbers. Cover and refrigerate until chilled.

Nutritional Information per

▼ Serving

Calories: 68
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 151mg
Total 15g
Carbs:
Dietary Fiber: 2g
Sugar: 13g
Protein: 1g