

[Print](#)

Tomato and Cucumber Salad

Preparation time: 15 min **Servings:** 4**Cooking time:** 0 min**Ingredients:**

8 tomatoes, sliced
 1 salt and pepper, to taste
 1 tsp honey
 1 peeled cucumber, sliced
 1/2 tsp dried marjoram
 6-1/4 oz olive oil
 1 tsp French mustard
 1 tsp salt and pepper, to taste
 1/4 cup wine vinegar
 1 tsp sugar
 1 clove garlic, crushed

Cooking Directions:

Place olive oil and next 5 ingredients in a jar with a tight-fitting lid. Shake well. Arrange tomato and cucumber slices on a serving dish and sprinkle with salt, pepper, and sugar. **Let stand** for 10-20 minutes. Top with dressing and marjoram and serve.

Nutritionist Recommended For:

[Low Fat](#)
[Low Calories](#)
[Low Cholesterol](#)
[Low Sodium](#)

**Nutrition Facts**

Calories 65
 % Calories From Fat 8.7%

Total Fat 0.6g
 Saturated Fats 0.1g
 Mono-unsaturated Fats 0.1g
 Poly-unsaturated Fats 0.2g

Cholesterol 0mg

Sodium 30mg

Total Carbohydrates 14g
 Dietary Fiber 3.4g
 Sugar 9.7g

Protein 2.6g

More Information**Vitamins**

Thiamin B1	0.11 mg
Vitamin A	2100 IU
Vitamin K	24 mcg
Vitamin E	1.4 mg
Pantothenic Acid	0.35 mg
Vitamin B6	0.23 mg
Choline	20 mg
Riboflavin B2	0.062 mg
Vitamin D	0 IU
Vitamin B12	0 mcg
Vitamin C	33 mg
Niacin B3	1.5 mg

Minerals

Sodium	30 mg
Zinc	0.53 mg
Copper	0.19 mg
Calcium	36 mg
Iron	0.94 mg
Manganese	0.35 mg
Magnesium	35 mg
Phosphorus	74 mg
Fluoride	6.5 mcg
Potassium	660 mg
Selenium	0.61 mcg

Source: Qualityliving.com