

Cucumbers with Lemon and Basil

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Servings: 8

4 English cucumbers, quartered, seeded and cut into 1/2-inch slices
1 pint grape or cherry tomatoes, halved
1/4 cup extra-virgin olive oil
2 teaspoons grated lemon zest
1/4 cup lemon juice (from two lemons)
1/2 cup torn fresh basil leaves
salt and pepper

In a large bowl, toss together the cucumbers, tomatoes, oil, lemon zest, lemon juice and basil.

Season with salt and pepper.

To store, cover and refrigerate for up to eight hours.

Per Serving (excluding unknown items): 80 Calories; 7g Fat (71.7% calories from fat); 2g Protein; 4g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 1 1/2 Fat.

Salad

Per Serving Nutritional Analysis

Calories (kcal):	80	Vitamin B6 (mg):	0mg
% Calories from Fat:	71.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	18.9%	Thiamin B1 (mg):	0mg
% Calories from Protein:	9.4%	Riboflavin B2 (mg):	0mg
Total Fat (g):	7g	Folacin (mcg):	0mcg
Saturated Fat (g):	1g	Niacin (mg):	0mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value:	n n%
Carbohydrate (g):	4g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	trace	Vegetable:	0
Potassium (mg):	0mg	Fruit:	0

Calcium (mg): trace
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 10mg
Vitamin A (i.u.): 400IU
Vitamin A (r.e.): 0RE

Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 80 **Calories from Fat:** 57

% Daily Values*

Total Fat	7g	10%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	trace	0%
Total Carbohydrates	4g	1%
Dietary Fiber	2g	8%
Protein	2g	
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Vitamin A		8%
Vitamin C		16%
Calcium		0%
Iron		0%

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