

Sliced Tomatoes and Cucumbers



Servings: 4

Ingredients

1 English Cucumber, sliced

2-3 large ripe tomatoes, sliced

½ medium red onion, sliced

Salt and pepper to taste

Directions:

Arrange slices on a plate or toss in a bowl

Add salt and pepper to taste

FFC Tomato and Cucumbers

Nutrition Facts

Serving Size	1 Serving	
Amount Per Serving		
Calories	27.9	
% Daily Value*		
Total Fat	0.3 g	0 %
Saturated Fat	0.1 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	6.1 mg	0 %
Total Carbohydrate	6.3 g	2 %
Dietary Fiber	1.5 g	5 %
Total Sugars	3.7 g	
Added Sugars	0 g	0 %
Protein	1.3 g	
Vitamin D	0 mcg	0 %
Calcium	21.3 mg	2 %
Iron	0.5 mg	3 %
Potassium	329.3 mg	7 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com</>