

## Orange and cucumber salad



Recipe credit

Oregon State University Cooperative Extension Service

### **About this recipe**

Serves

4

Serving size

1/4 of the recipe

Time to make

5 minutes

Special criteria

[Vegetarian recipes](#)

# Ingredients

- 2 cucumbers
- 2 oranges
- 1 lemon or lime (the juice)
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt

# Directions

1. Wash the cucumbers, oranges and lemon or lime under cold running water.
2. Slice the cucumbers. Peel and cut the oranges into small pieces.
3. Place cucumber slices and orange pieces in a medium size bowl. Add chili powder, lemon or lime juice and salt.

# Nutritional info

Calories

46

Total fat

0 g

Saturated fat

0 g

Cholesterol

0 mg

Sodium

306 mg

Total carbohydrates

11 g

Dietary fiber

2 g

Protein

1 g

Total sugar

8 g

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