EASTERN EUROPEAN · SIDE

# Mizeria (Polish Cucumber Salad with Sour Cream)

15 min · Serves 3 · 117 kcal a serve · Video 6:12 · Polish Your Kitchen

Vegetarian · Gluten-free ingredients · Nut-free

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Crisp cucumber in full-fat sour cream: about 7 g net carbs and around 120 kcal a serve, with most of the energy from fat. A cool, light side for grilled meat or fish.

**Diet notes:** Keto (6.8 g net carbs a serve).

## Ingredients 7 · SERVES 3

- [ ] 1 **English cucumber** (or 6–8 small pickling cucumbers), peeled and thinly sliced
- [ ] 1/4 tsp **salt**
- [ ] 2/3 cup **sour cream**
- [ ] 1 tbsp chopped **fresh dill**
- [ ] a squeeze of **lemon juice** (about 2 tsp)
- [ ] about 1/2 tsp **sugar**
- [ ] a pinch of **black pepper**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

**Contains:** Milk. Check labels on stock, sauces and spice mixes.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Peel the cucumbers and slice them thinly by hand or on a mandoline. 1:32
2. Sprinkle with the salt, mix and leave about 10 minutes, then pour off the liquid that collects (this keeps the salad from turning watery if it sits in the fridge). 3:05
3. Stir in the sour cream, dill, a squeeze of lemon, the sugar and a pinch of pepper. 3:50
4. Taste, adjust the seasoning and serve right away or chill until needed; it should stay crunchy. 5:24

> **Tip** Serves 2–3 as a side. Plain or Greek yoghurt can replace the sour cream (it lowers the fat, so it is no longer keto), and vinegar can replace the lemon. Leave out the pepper for children.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 3 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| **117** kcal<br>490 kJ | **2** g<br>4% of a day | **7.5** g<br>6.8 g net · 4.4 g sugars<br>3% of a day | **0.6** g<br>2% of a day | **9.5** g<br>5 g saturated<br>12% of a day | **210** mg<br>9% of a day |

**Energy from** net carbs 23% · protein 7% · fat 70% — fits keto: 6.8 g net carbs, 70% of the energy from fat

**Source of** (10–19%) Vitamin K 17% · Vitamin A 10%

**Recipe and video:** Polish Your Kitchen (@PolishYourKitchen) on YouTube — youtube.com/watch?v=3j5glcJkp40, published 18 May 2020. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/mizeria-polish-cucumber-sour-cream-salad