

# Tomato, Cucumber, Purslane Salad

Yield: 4 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/purslane-recipe-indian>

## Ingredients:

- 1 cucumber large, peeled, quartered lengthwise, seeds removed and discarded, then chopped
- 1 tomato medium, chopped
- 1 bunch purslane thick stems removed, leaves chopped, resulting in about 1/2 cup chopped purslane
- 1 chile pepper minced seeded jalapeno
- 3 tablespoons lemon juice fresh squeezed
- salt to taste

## Nutrition:

1. Calories: 35 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 5 milligrams
4. Fat: 1 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. Sodium: 240 milligrams
8. Sugar: 3 grams

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