



Healthdor

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Yogurt with Cucumber & Lox

Yogurt with Cucumber & Lox is a refreshing and healthy dish that combines the creaminess of yogurt with the crunch of cucumber and the smoky flavor of lox. It is often enjoyed as a light breakfast or a refreshing snack. The dish originated in Scandinavia and has since become popular worldwide.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

200 g	Greek yogurt
100 g	cucumber
50 g	lox

Directions

Step 1

Cut

Peel and dice the cucumber.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a bowl, combine the Greek yogurt, diced cucumber, and lox.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 15 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	200 mg	20%	20%
Iron	1 mg	12.5%	5.56%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Mediterranean

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Brunch

Supper

Events

Picnic

Course

Salads

Sauces & Dressings

Appetizers

Snacks

Side Dishes

Healthy For

Colorectal cancer

Pancreatitis

Hepatitis

Gastroesophageal reflux disease (GERD)

Difficulty Level

Medium

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