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Feta Cucumber Boats ^{♦♦}

Feta Cucumber Boats are a refreshing and healthy vegetarian dish. They are made by hollowing out cucumber halves and filling them with a mixture of feta cheese, herbs, and other ingredients. This dish is perfect for a light lunch or as an appetizer for a summer gathering.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	cucumber
200 g	feta cheese
200 g	Cherry Tomatoes
50 g	red onion
50 g	Kalamata Olives

10 g	fresh dill
10 g	fresh mint
30 ml	lemon juice
30 ml	extra virgin olive oil
5 g	Salt
2 g	Black pepper

Directions

Step 1

Cutting

Cut the cucumber in half lengthwise and scoop out the seeds to create a hollow boat shape.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Dice the cherry tomatoes, red onion, kalamata olives, fresh dill, and fresh mint.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a bowl, crumble the feta cheese and mix it with the diced vegetables and herbs.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Add lemon juice, extra virgin olive oil, salt, and black pepper to the feta cheese mixture. Mix well.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Filling

Fill the cucumber halves with the feta cheese mixture.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Garnishing

Garnish with additional fresh herbs if desired.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 12 g

Protein: 6 g

Carbohydrates: 8 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	8 g	14.55%	16%
Fibers	2 g	5.26%	8%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	12 g	42.86%	48%
Cholesterol	25 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	200 mg	20%	20%
Iron	2 mg	25%	11.11%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

Greek

Course

Salads Soups Snacks

Cultural

Chinese New Year Christmas

Demographics

Teen Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

Weight Watchers (WW) Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Anti-Inflammatory Diet

Cooking Method

Boiling

Meal Type

Brunch

Snack

Supper

Difficulty Level

Medium

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