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Cheesy Cucumber and Tomato Snack Stacks ♦

A delicious and refreshing snack made with sliced cucumbers and tomatoes, topped with melted cheese. Perfect for a quick and healthy snack or appetizer.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

200 g	cucumber
200 g	Tomato
100 g	cheese

Directions

Step 1

Cut

Slice the cucumber and tomato into thin rounds.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Place a slice of cucumber on a plate, top with a slice of tomato, and sprinkle with grated cheese.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Repeat step 2 to create multiple snack stacks.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 8 g

Carbohydrates: 8 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	5 g	22.73%	29.41%
Fat	10 g	35.71%	40%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
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	200 mg	8.7%	8.7%
Calcium	15 mg	1.5%	1.5%
Iron	6 mg	75%	33.33%
Potassium	300 mg	8.82%	11.54%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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

Diet

Anti-Inflammatory Diet

Course

Appetizers

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Meal Type

Snack

Supper

Difficulty Level

Medium

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