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## Dutch Cucumber Salad <sup>••</sup>

Dutch cucumber salad is a refreshing and tangy side dish that is commonly served with meals in the Netherlands. It is made with thinly sliced cucumbers, onions, and a sweet and sour dressing. This salad is perfect for hot summer days and pairs well with grilled meats and seafood.

**Recipe Type:** Standard

**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	cucumbers
100 g	onion
60 ml	white vinegar
30 g	sugar
5 g	salt

2 g black pepper

## Directions

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### Step 1

Cut

Slice the cucumbers and onions thinly.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Mixing

In a bowl, mix together the vinegar, sugar, salt, and black pepper until the sugar and salt are dissolved.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Mixing

Add the sliced cucumbers and onions to the bowl and toss to coat them with the dressing.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Refrigerating

Refrigerate the salad for at least 1 hour before serving to allow the flavors to meld together.

**Prep Time:** 0 mins

**Cook Time:** 60 mins

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## Nutrition Facts

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**Calories:** 61 kcal

**Fat:** 0 g

**Protein:** 1 g

**Carbohydrates:** 14 g

## Nutrition Facts

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**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	14 g	25.45%	28%
Fibers	1 g	2.63%	4%
Sugars	12 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	3 iu	0.33%	0.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	5 mg	5.56%	6.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	198 mg	8.61%	8.61%
Calcium	2 mg	0.2%	0.2%
Iron	2 mg	25%	11.11%
Potassium	152 mg	4.47%	5.85%
Zinc	1 mg	9.09%	12.5%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Picnic

### Course

Salads

Snacks

Sauces & Dressings

### Cost

\$30 to \$40

### Demographics

Diabetic Friendly

Heart Healthy

### Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

The Whole30 Diet

Atkins Diet

Vegan Diet

Pescatarian Diet

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Easy

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