



Healthdor

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## Cucumber Sandwich ♦

A refreshing and light sandwich made with fresh cucumbers, bread, and a variety of toppings.

**Recipe Type:** Vegetarian

**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

<b>200 g</b>	cucumbers
<b>4 slices</b>	bread
<b>2 tbsp</b>	mayonnaise
<b>1 tsp</b>	mustard
<b>4 leaves</b>	lettuce
<b>4 slices</b>	Tomato

0.5 tsp salt

0.5 tsp pepper

## Directions

### Step 1

Cut

Slice the cucumbers and tomatoes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

Spreading

Spread mayonnaise and mustard on the bread slices.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

### Step 3

Layering

Layer the lettuce, cucumbers, and tomatoes on the bread slices.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Sprinkling

Season with salt and pepper to taste.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 5

Layering

Place another bread slice on top to complete the sandwich.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 5 g

**Protein:** 5 g

**Carbohydrates:** 20 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

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

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	8 mg	0.24%	0.31%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Summer

## Events

Picnic Game Day

## Cuisines

Italian French

## Course

Drinks Salads Snacks

## Cultural

Chinese New Year

## Demographics

Heart Healthy

## Diet

Mediterranean Diet Vegetarian Diet Vegan Diet The Cabbage Soup Diet  
The Baby Food Diet The F-Plan Diet The Negative Calorie Diet The 3-Day Diet  
The CICO (Calories In, Calories Out) Diet The Vertical Diet  
The Specific Carbohydrate Diet (SCD)

## Meal Type

Lunch Snack Supper

## Difficulty Level

Medium

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