



Healthdor

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Cottage Cheese with Cucumbers, Basil, & Cilantro

This recipe is a refreshing and healthy vegetarian dish that combines creamy cottage cheese with crisp cucumbers, fresh basil, and fragrant cilantro. It is perfect for a light lunch or as a side dish. The combination of flavors and textures makes it a delightful and satisfying meal.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

200 g	Cottage cheese
200 g	cucumbers
10 g	Basil
10 g	Cilantro

Directions

Step 1

Cut

Slice the cucumbers into thin rounds.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Chop the basil and cilantro leaves.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Mixing

In a bowl, mix the cottage cheese, sliced cucumbers, chopped basil, and chopped cilantro.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 98 kcal

Fat: 3 g

Protein: 12 g

Carbohydrates: 7 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	7 g	12.73%	14%
Fibers	1 g	2.63%	4%
Sugars	5 g	N/A	N/A
Lactose	2 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	3 g	10.71%	12%
Cholesterol	8 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	450 iu	50%	64.29%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	0 mg	0%	0%
Vitamin D	1 mcg	6.67%	6.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	365 mg	15.87%	15.87%
Calcium	135 mg	13.5%	13.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	1 mg	12.5%	5.56%
Potassium	207 mg	6.09%	7.96%
Zinc	1 mg	9.09%	12.5%
Selenium	9 mcg	16.36%	16.36%

Recipe Attributes

Seasonality

Summer Fall

Events

Game Day

Course

Salads Sauces & Dressings

Demographics

Kids Friendly Teen Friendly Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

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

Vegetarian Diet Vegan Diet Raw Food Diet Pescatarian Diet

Ovo-Vegetarian Diet Lacto-Vegetarian Diet Lacto-Ovo Vegetarian Diet

Fruitarian Diet Engine 2 Diet Blood Type Diet Ayurvedic Diet

Traditional Chinese Medicine (TCM) Diet Anti-Inflammatory Diet

Gluten-Free Diet Low Sodium Diet The Fast Metabolism Diet

Nutrient Timing Diet The 80/10/10 Diet The Gerson Therapy

The Swiss Secret Diet The Scarsdale Diet The Cabbage Soup Diet

The Hallelujah Diet The Mayo Clinic Diet The Beverly Hills Diet

The Hollywood Diet The Lemonade Diet The Grapefruit Diet The Rice Diet

The Sleeping Beauty Diet The Baby Food Diet The 3-Hour Diet

The French Women Don't Get Fat Diet The Cookie Diet The F-Plan Diet

The Israeli Army Diet The Air Diet The Breatharian Diet The Werewolf Diet

The Five-Bite Diet The Negative Calorie Diet The Ice Cream Diet

The Master Cleanse Diet The Subway Diet The SlimFast Diet

The Cambridge Diet The Shangri-La Diet The Best Life Diet The 3-Day Diet

The CICO (Calories In, Calories Out) Diet The Eat-Clean Diet

The Peanut Butter Diet The Bulletproof Diet The Carnivore Diet

The Dukan Diet The HCG Diet The Optavia Diet The Pritikin Diet

The Starch Solution Diet The Vertical Diet The GOLO Diet

The Gut and Psychology Syndrome (GAPS) Diet

The Specific Carbohydrate Diet (SCD) The Anti-Candida Diet The Dr. Sebi Diet

The Crohn's Disease Diet The Ulcerative Colitis Diet The Low-Residue Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)

The GERD Diet (Gastroesophageal Reflux Disease)

The PCOS (Polycystic Ovary Syndrome) Diet

The SIBO (Small Intestinal Bacterial Overgrowth) Diet

The Histamine Intolerance Diet The IBS (Irritable Bowel Syndrome) Diet

The Salicylate Sensitivity Diet The Low Oxalate Diet The Diabetes Diet

The Hypothyroidism Diet The Hyperthyroidism Diet

The Epilepsy Diet (Modified Atkins Diet for Seizures) The Parkinson's Disease Diet

The Multiple Sclerosis (MS) Diet The Fibromyalgia Diet

The Chronic Fatigue Syndrome Diet The Arthritis Diet The Osteoporosis Diet

The Heart-Healthy Diet The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet

The Low Purine Diet The High-Fiber Diet The Low-Fat Diet

The High-Protein Diet The Low-Protein Diet The High-Calcium Diet

The High-Potassium Diet The Low-Potassium Diet The High-Iron Diet

The Low-Iron Diet The Low-Phosphorus Diet The High-Vitamin D Diet

The High-Vitamin C Diet The High-Vitamin K Diet The Low-Vitamin K Diet

The Low-Copper Diet The Spring Detox Diet The Summer Weight Loss Diet

The Fall Immunity-Boosting Diet The Winter Warming Diet The Low-Sulfur Diet

The High-Sulfur Diet The Eczema Diet The Psoriasis Diet The Rosacea Diet

The Acne Diet The Migraine Diet The Celiac Disease Diet

The Gallbladder Diet The Kidney Stone Diet The Anti-Anxiety Diet

The Depression Diet The Adrenal Fatigue Diet The Endometriosis Diet

The Hashimoto's Disease Diet The Lyme Disease Diet The Diverticulitis Diet

The Restless Leg Syndrome Diet The Tinnitus Diet The Interstitial Cystitis Diet

The Gastroparesis Diet The Menopause Diet The Post-Pregnancy Diet

The Fertility Diet The Breastfeeding Diet The Low-Nickel Diet

The Chronic Urticaria Diet The Dysphagia Diet

The Chronic Kidney Disease (CKD) Diet The Raynaud's Disease Diet

The Sjögren's Syndrome Diet The Low Tyramine Diet The Lactose-Free Diet

The Fructose Malabsorption Diet The Low-Histamine Diet

The Mast Cell Activation Syndrome (MCAS) Diet

The Irritable Larynx Syndrome (ILS) Diet The Chronic Pancreatitis Diet

The Sarcoidosis Diet The Leaky Gut Syndrome Diet The Behçet's Disease Diet

The Graves' Disease Diet The Addison's Disease Diet

The Cushing's Syndrome Diet The Ankylosing Spondylitis Diet The Lupus Diet

The Myasthenia Gravis Diet

The POTS (Postural Orthostatic Tachycardia Syndrome) Diet

The Eosinophilic Esophagitis (EoE) Diet

The Chronic Obstructive Pulmonary Disease (COPD) Diet The Asthma Diet

The Sinusitis Diet The Bronchiectasis Diet The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder) The Autism Diet

The Bipolar Disorder Diet The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet Blood Type O Diet

Blood Type A Diet Blood Type B Diet Blood Type AB Diet

Cooking Method

Grilling Steaming Simmering

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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