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## Cucumber and Poppy Seed Salad ♦

This refreshing salad is made with fresh cucumbers and sprinkled with poppy seeds for added crunch. It's perfect for a light lunch or as a side dish for a summer barbecue.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

<b>500 g</b>	cucumbers
<b>10 g</b>	poppy seeds
<b>2 tbsp</b>	lemon juice
<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	salt
<b>1 tsp</b>	pepper

# Directions

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## Step 1

Cut

Slice the cucumbers into thin rounds.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Mixing

In a small bowl, whisk together the lemon juice, olive oil, salt, and pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

Stirring

Pour the dressing over the sliced cucumbers and toss to combine.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

## Sprinkling

Sprinkle the poppy seeds over the salad and serve.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 30 kcal

**Fat:** 2 g

**Protein:** 1 g

**Carbohydrates:** 3 g

## Nutrition Facts

### 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	3 g	5.45%	6%
Fibers	1 g	2.63%	4%
Sugars	1 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	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	2 mg	25%	11.11%
Potassium	100 mg	2.94%	3.85%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer

### Cuisines

French

American

Middle Eastern

### Course

Salads

Appetizers

Sauces & Dressings

### Cultural

Passover

## Events

Barbecue

Picnic

## Nutritional Content

Low Calorie

High Protein

Low Fat

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Calcium

## Kitchen Tools

Blender

## Healthy For

Hepatitis

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Medium

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