



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Cucumber, Pineapple, Melon Smoothie ♦♦

This refreshing smoothie is made with fresh cucumber, sweet pineapple, and juicy melon. It's a perfect drink for a hot summer day or as a healthy breakfast option. The combination of flavors creates a delicious and hydrating beverage.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

200 g	cucumber
150 g	Pineapple
150 g	Melon

Directions

Step 1

Cut

Peel and chop the cucumber.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Cut the pineapple and melon into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Blender

Add all the ingredients to a blender.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Blender

Blend until smooth and creamy.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Pour into glasses and serve chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 0 g

Protein: 2 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	3 g	7.89%	12%
Sugars	20 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	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
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	10 mg	0.43%	0.43%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	10 mg	0.29%	0.38%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Cuisines

French Mediterranean Greek Spanish American

Nutritional Content

Low Calorie

Course

Drinks

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Meal Type

Snack

Supper

Difficulty Level

Easy

Visit our website: healthdor.com