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Deli Cucumber Salad ♦

A refreshing salad made with cucumbers, onions, and a tangy dressing. Perfect for a summer picnic or barbecue.

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	red onion
60 ml	white vinegar
15 g	sugar
5 g	salt
2 g	black pepper

Directions

Step 1

Cut

Slice the cucumbers and onions thinly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a bowl, mix together the vinegar, sugar, salt, and black pepper to make the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Pour the dressing over the cucumbers and onions. Toss to combine.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Refrigerating

Refrigerate for at least 1 hour before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 50 kcal

Fat: 0 g

Protein: 1 g

Carbohydrates: 12 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	12 g	21.82%	24%
Fibers	1 g	2.63%	4%
Sugars	9 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	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

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

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	2 mg	0.2%	0.2%
Iron	2 mg	25%	11.11%
Potassium	160 mg	4.71%	6.15%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer

Events

Barbecue

Picnic

Course

Salads

Snacks

Cooking Method

Boiling

Cut

Refrigerating

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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