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## Cucumber Cups with Tapenade ♦

Cucumber cups filled with a flavorful tapenade made from olives, capers, and garlic. This refreshing and healthy appetizer is perfect for summer gatherings.

**Recipe Type:** Vegan

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

<b>400 g</b>	cucumber
<b>100 g</b>	Black Olives
<b>25 g</b>	Capers
<b>2 cloves</b>	garlic
<b>2 tbsp</b>	olive oil
<b>1 tbsp</b>	lemon juice

0.5  
teaspoon salt

0.25  
teaspoon black pepper

## Directions

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### Step 1

Cut

Slice the cucumber into thick rounds.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Cut

Use a melon baller or spoon to hollow out the center of each cucumber round, creating a cup shape.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Blending

In a food processor, combine the black olives, capers, garlic, olive oil, lemon juice, salt, and black pepper. Pulse until well combined and slightly chunky.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Fill each cucumber cup with a spoonful of the tapenade mixture.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Garnish with fresh herbs, if desired, and serve chilled.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 70 kcal

**Fat:** 6 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	0 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	6 g	21.43%	24%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	6 mg	6.67%	8%
Vitamin B6	0 mg	0%	0%
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	2 mg	0.2%	0.2%
Iron	2 mg	25%	11.11%
Potassium	50 mg	1.47%	1.92%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

# Recipe Attributes

## Seasonality

Summer Fall

## Events

Picnic

## Course

Salads Snacks Sauces & Dressings

## Cultural

Chinese New Year

## Demographics

Pregnancy Safe Diabetic Friendly Heart Healthy

## Diet

Mediterranean Diet Vegetarian Diet Vegan Diet Anti-Inflammatory Diet

## Cooking Method

Frying Stir-frying

## Meal Type

Snack Supper

## Difficulty Level

Medium

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