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Cucumber Avocado Caprese Salad

Cucumber Avocado Caprese Salad is a refreshing and healthy salad that combines the flavors of cucumber, avocado, and mozzarella cheese. It is a perfect summer dish and can be enjoyed as a side dish or a light lunch. The salad is easy to make and requires minimal cooking.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

200 g	cucumber
100 g	Avocado
100 g	mozzarella cheese
150 g	Cherry Tomatoes
20 g	fresh basil leaves

2 tbsp	extra virgin olive oil
2 tbsp	balsamic vinegar
1 tsp	salt
0.5 tsp	black pepper

Directions

Step 1

Cut

Slice the cucumber, avocado, mozzarella cheese, and cherry tomatoes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, combine the sliced cucumber, avocado, mozzarella cheese, cherry tomatoes, and fresh basil leaves.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stirring

Drizzle the salad with extra virgin olive oil and balsamic vinegar.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Sprinkling

Season with salt and black pepper.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Mixing

Toss everything together until well combined.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Serving

Serve the salad chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	15 g	53.57%	60%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	8 mg	100%	44.44%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving Barbecue Picnic

Cuisines

Japanese Spanish American Middle Eastern

Course

Salads Snacks Sauces & Dressings

Demographics

Diabetic Friendly Heart Healthy

Diet

Flexitarian Diet Vegetarian Diet Raw Food Diet Ovo-Vegetarian Diet
Lacto-Ovo Vegetarian Diet The High-Protein Diet

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

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