



Healthdor

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## Cheesy Cucumber and Tomato Skewers ♦

Cheesy Cucumber and Tomato Skewers are a delicious and refreshing appetizer or snack. They are made with fresh cucumbers, cherry tomatoes, and a creamy cheese filling. These skewers are perfect for parties, picnics, or just a healthy snack on a hot summer day.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 6

**Serving Size:** 50 g

### Ingredients

200 g	cucumber
100 g	Cherry Tomatoes
100 g	cream cheese
50 g	cheddar cheese

0.5 tsp Salt

0.5 tsp Pepper

## Directions

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### Step 1

Cut

Wash and slice the cucumber into thick rounds.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Wash the cherry tomatoes.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

Mixing

In a bowl, mix the cream cheese, cheddar cheese, salt, and pepper until well combined.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Spread the cheese mixture on one side of each cucumber round.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 5

Place a cherry tomato on top of each cheese-covered cucumber round.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 6

Insert a skewer through each cucumber round, securing the cheese and tomato in place.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 12 g

**Protein:** 6 g

Carbohydrates: 5 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	1 g	2.63%	4%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	12 g	42.86%	48%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	30 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	2 mg	153.85%	153.85%
Vitamin B12	6 mcg	250%	250%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	15 mg	1.5%	1.5%
Iron	4 mg	50%	22.22%
Potassium	250 mg	7.35%	9.62%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

# Recipe Attributes

## Cuisines

Italian

## Course

Appetizers

Salads

Snacks

## Cultural

Chinese New Year

Thanksgiving

## Cost

\$40 to \$50

## Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

## Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

The Whole30 Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

## Meal Type

Snack

Supper

## Difficulty Level

Medium

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