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Sweet Cucumber and Radish Salad ♦

A refreshing and healthy salad made with sweet cucumbers and crunchy radishes. This salad is perfect for a light lunch or as a side dish for a summer barbecue. It is vegan and gluten-free.

Recipe Type: Vegan

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	cucumbers
100 g	Radishes
2 tbsp	lemon juice
1 tbsp	olive oil
1 tablespoon	honey

0.5 teaspoon	salt
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0.25 teaspoon	pepper
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2 tbsp	fresh dill
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Directions

Step 1

Cut

Slice the cucumbers and radishes thinly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, whisk together the lemon juice, olive oil, honey, salt, and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the sliced cucumbers, radishes, and fresh dill.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Mixing

Pour the dressing over the salad and toss to coat.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Refrigerating

Refrigerate for at least 30 minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 50 kcal

Fat: 3 g

Protein: 1 g

Carbohydrates: 6 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	6 g	10.91%	12%
Fibers	1 g	2.63%	4%
Sugars	4 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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	0 g	0%	0%
Fat	3 g	10.71%	12%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	5 iu	0.56%	0.71%
Vitamin C	10 mg	11.11%	13.33%
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	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	2 mg	25%	11.11%
Potassium	150 mg	4.41%	5.77%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Barbecue Game Day

Course

Salads Snacks

Demographics

Kids Friendly Teen Friendly Allergy Friendly Heart Healthy

Diet

Mediterranean Diet Volumetrics Diet Alkaline Diet Vegetarian Diet
Vegan Diet Raw Food Diet Pescatarian Diet Ovo-Vegetarian Diet
Lacto-Vegetarian Diet Lacto-Ovo Vegetarian Diet

Meal Type

Lunch Supper

Difficulty Level

Medium

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