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Cucumber Quinoa Salad with Feta ♦

A refreshing and healthy salad made with cucumbers, quinoa, and feta cheese. Perfect for a light lunch or as a side dish.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	cucumbers
200 g	Quinoa
100 g	feta cheese
2 tbsp	olive oil
2 tbsp	lemon juice
2 tbsp	fresh dill

1 tsp salt

1 tsp black pepper

Directions

Step 1

Boiling

Cook quinoa according to package instructions.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Cutting

Cut cucumbers into small cubes and crumble feta cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine cooked quinoa, cucumbers, feta cheese, olive oil, lemon juice, fresh dill, salt, and black pepper. Mix well.

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: 60 mins

Nutrition Facts

Calories: 210 kcal

Fat: 12 g

Protein: 8 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	8 g	47.06%	47.06%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
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	6 g	27.27%	35.29%
Fat	12 g	42.86%	48%
Cholesterol	25 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	250 mg	7.35%	9.62%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Game Day

Cuisines

Italian

Course

Salads

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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