



Healthdor

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Kids Classic Salad ♦

A classic salad loved by kids. It is a refreshing and healthy dish that can be enjoyed as a side or main course. The salad consists of fresh vegetables and a delicious dressing.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	lettuce
150 g	cucumber
150 g	Cherry Tomatoes
100 g	carrot
100 g	cheese
50 g	croutons

50 g ranch dressing

Directions

Step 1

Cut

Wash and chop the lettuce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Peel and slice the cucumber.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Cut

Cut the cherry tomatoes in half.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Grating

Grate the carrot.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Mixing

In a large bowl, combine the lettuce, cucumber, cherry tomatoes, carrot, cheese, and croutons.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Mixing

Drizzle the ranch dressing over the salad and toss to coat.

Prep Time: 1 mins

Cook Time: 0 mins

Step 7

Serving

Serve the salad chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 7 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
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	2 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	10 g	35.71%	40%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
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	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

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet

Vegetarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Gluten-Free Diet

Low Glycemic Index Diet

Course

Salads

Snacks

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Meal Type

Brunch

Supper

Difficulty Level

Medium

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