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## Harvest Salad w/o Chicken ♦

A delicious and nutritious salad made with fresh harvest vegetables and a tangy dressing. This vegetarian recipe is perfect for a light lunch or dinner.

**Recipe Type:** Vegetarian

**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	Mixed Greens
150 g	Cherry Tomatoes
100 g	cucumber
50 g	red onion
100 g	feta cheese
50 g	Pecans

<b>50 g</b>	dried cranberries
<b>2 tbsp</b>	olive oil
<b>2 tbsp</b>	balsamic vinegar
<b>1 tsp</b>	dijon mustard
<b>0.5 tsp</b>	salt
<b>0.5 tsp</b>	black pepper

## Directions

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### Step 1

In a large bowl, combine the mixed greens, cherry tomatoes, cucumber, red onion, feta cheese, pecans, and dried cranberries.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 2

Mixing

In a small bowl, whisk together the olive oil, balsamic vinegar, Dijon mustard, salt, and black pepper to make the dressing.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

**Stirring**

Drizzle the dressing over the salad and toss to coat.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

### Step 4

**Serving**

Serve the salad immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 20 g

**Protein:** 6 g

**Carbohydrates:** 15 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	15 g	27.27%	30%
Fibers	3 g	7.89%	12%
Sugars	8 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	20 g	71.43%	80%
Cholesterol	15 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	3 mg	20%	20%
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	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

## Recipe Attributes

### Seasonality

Summer

Fall

## Events

Thanksgiving

Picnic

Game Day

## Cuisines

Thai

Mediterranean

Middle Eastern

## Nutritional Content

Low Calorie

Low Fat

Low Sodium

High Vitamin C

High Iron

High Calcium

## Course

Appetizers

Salads

Sauces & Dressings

## Demographics

Allergy Friendly

Diabetic Friendly

## Diet

Mediterranean Diet

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Medium

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