



Healthdor

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Organic Kale Salad ••

A healthy and delicious salad made with organic kale. This salad is vegan and packed with nutrients.

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	Organic Kale
150 g	Cherry Tomatoes
100 g	cucumber
50 g	red onion
2 tsp	lemon juice
1 tbsp	olive oil

0.5 tsp salt

0.5 tsp pepper

Directions

Step 1

Preparation

Wash and dry the organic kale.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Chop the kale into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cutting

Slice the cherry tomatoes, cucumber, and red onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a large bowl, combine the kale, cherry tomatoes, cucumber, and red onion.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Mixing

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

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Mixing

Pour the dressing over the salad and toss to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 50 kcal

Fat: 4 g

Protein: 2 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
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	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	150 iu	16.67%	21.43%
Vitamin C	50 mg	55.56%	66.67%
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	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

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

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

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