

All Recipes

Al Recipe Builder

Similar Recipes

Winter White Salad ..

A refreshing salad perfect for the winter season. It features a combination of crisp vegetables and tangy dressing.

| Recipe Type: Standard | Prep Time: 15 mins |
|-------------------------|-----------------------|
| Cook Time: N/A | Total Time: 15 mins |
| | |
| Recipe Yield: 500 grams | Number of Servings: 4 |

Ingredients

| 250 g | Romaine Lettuce |
|--------|-----------------|
| 200 g | cauliflower |
| 100 g | Radishes |
| 50 g | red onion |
| 2 tbsp | olive oil |
| 2 tbsp | lemon juice |

| 1 tsp | salt | |
|-------|--------|--|
| 1 tsp | pepper | |

Directions

Step 1



Wash and chop the romaine lettuce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2



Cut the cauliflower into small florets.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cut

Thinly slice the radishes and red onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a large bowl, combine the romaine lettuce, cauliflower, radishes, and red onion.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5



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

Prep Time: 5 mins

Cook Time: 0 mins

Step 6



Drizzle the dressing over the salad and toss to coat.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 4g

Carbohydrates: 12 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------------|--------------------------------|
| Protein | 4 g | 23.53% | 23.53% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------------|--------------------------------|
| Carbohydrates | 12 g | 21.82% | 24% |
| Fibers | 5 g | 13.16% | 20% |
| 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 | 5 g | N/A | N/A |
| Saturated Fat | 1 g | 4.55% | 5.88% |
| Fat | 10 g | 35.71% | 40% |
| Cholesterol | 0 mg | N/A | N/A |

Vitamins

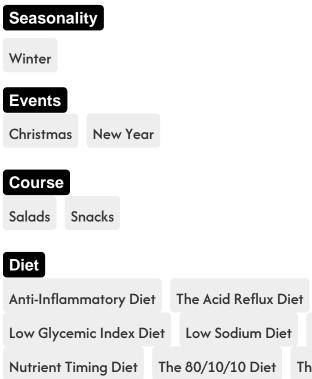
| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------------|--------------------------------|
| Vitamin A | 50 iu | 5.56% | 7.14% |
| Vitamin C | 30 mg | 33.33% | 40% |
| Vitamin B6 | 0 mg | 0% | 0% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 2 mg | 13.33% | 13.33% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------------|--------------------------------|
| Sodium | 300 mg | 13.04% | 13.04% |
| Calcium | 6 mg | 0.6% | 0.6% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------------|--------------------------------|
| Iron | 8 mg | 100% | 44.44% |
| Potassium | 400 mg | 11.76% | 15.38% |
| Zinc | 1 mg | 9.09% | 12.5% |
| Selenium | 2 mcg | 3.64% | 3.64% |

Recipe Attributes



| Low Glycemic Index I | A Diet Low Sodium Diet | | et | The Fast Metabolism Die | |
|-----------------------|------------------------|-------------------|----|-------------------------|--|
| Nutrient Timing Diet | Th | ne 80/10/10 Diet | Т | he Gerson Therapy | |
| The Swiss Secret Diet | Т | he Scarsdale Diet | ŀ | The Cabbage Soup Diet | |
| The Hallelujah Diet | The | Mayo Clinic Diet | I | The Winter Warming Diet | |

Gluten-Free Diet

Meal Type

Lunch

Difficulty Level

Easy

Visit our website: <u>healthdor.com</u>