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# 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

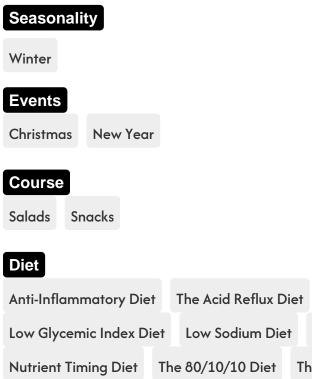
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

### 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

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