



Healthdor

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House Salad ♦

A simple and refreshing salad made with fresh vegetables.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	lettuce
150 g	Tomatoes
100 g	cucumbers
50 g	Red Onions

Directions

Step 1

Cut

Wash and chop the lettuce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Slice the tomatoes and cucumbers.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cut

Thinly slice the red onions.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 50 kcal

Fat: 0 g

Protein: 2 g

Carbohydrates: 12 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	12 g	21.82%	24%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
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	20 mg	22.22%	26.67%
Vitamin B6	2 mg	153.85%	153.85%
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	10 mg	0.43%	0.43%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	8 mg	0.24%	0.31%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Game Day

Course

Salads Snacks

Cultural

Chinese New Year Easter

Cost

\$10 to \$20

Demographics

Kids Friendly Teen Friendly Pregnancy Safe Allergy Friendly Heart Healthy

Diet

Mediterranean Diet Paleo Diet Vegetarian Diet Vegan Diet
Pescatarian Diet Lacto-Ovo Vegetarian Diet Fruitarian Diet

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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