



Healthdor

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Dressed Greens ♦♦

A simple and refreshing salad made with fresh greens and a tangy dressing.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

150 g	Mixed Greens
100 g	Cherry Tomatoes
100 g	cucumber
50 g	red onion
15 g	olive oil
10 g	lemon juice
5 g	salt

2 g pepper

Directions

Step 1

Wash and dry the mixed greens.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Slice the cherry tomatoes in half.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Cut

Slice the cucumber and red onion.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Mixing

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

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Mixing

Combine the mixed greens, cherry tomatoes, cucumber, and red onion in a large bowl.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Mixing

Drizzle the dressing over the salad and toss to coat.

Prep Time: 1 mins

Cook Time: 0 mins

Step 7

Serving

Serve immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 60 kcal

Fat: 5 g

Protein: 1 g

Carbohydrates: 3 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	3 g	5.45%	6%
Fibers	1 g	2.63%	4%
Sugars	1 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	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1500 iu	166.67%	214.29%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	20 mg	2%	2%
Iron	1 mg	12.5%	5.56%
Potassium	150 mg	4.41%	5.77%
Zinc	0 mg	0%	0%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Picnic

Course

Salads Snacks

Cultural

Chinese New Year

Diet

Anti-Inflammatory Diet

Cooking Method

Boiling

Cutting

Serving

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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