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Lunch Chopped Power Salad ♦♦

A nutritious and filling salad packed with fresh ingredients and a delicious dressing.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

200 g	Mixed Greens
100 g	Cherry Tomatoes
100 g	cucumber
50 g	Carrots
25 g	red onion
100 g	Avocado
100 g	Chickpeas

25 g	Sunflower Seeds
15 g	olive oil
10 g	lemon juice
5 g	dijon mustard
5 g	honey
2 g	salt
2 g	black pepper

Directions

Step 1

Cutting

Wash and chop the mixed greens.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the cherry tomatoes, cucumber, and red onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Grating

Grate the carrots.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Cutting

Dice the avocado.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Rinse and drain the chickpeas.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

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

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Mixing

In a large bowl, combine the mixed greens, cherry tomatoes, cucumber, red onion, carrots, avocado, and chickpeas.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Mixing

Drizzle the dressing over the salad and toss to coat.

Prep Time: 0 mins

Cook Time: 0 mins

Step 9

Sprinkling

Sprinkle sunflower seeds on top.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	10 g	26.32%	40%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
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	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	15 mg	100%	100%
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	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	8 mg	72.73%	100%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Salads

Snacks

Sauces & Dressings

Cooking Method

Sautéing

Steaming

Simmering

Serving

Cooking

None

Stir-frying

Mashing

Preheating

Refrigerating

Cooling

Meal Type

Lunch

Supper

Difficulty Level

Medium

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