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Head Lettuce Salad ♦

A refreshing salad made with fresh head lettuce, perfect for a vegetarian meal.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	head lettuce
200 g	Tomatoes
200 g	cucumber
100 g	red onion
100 g	feta cheese
50 g	Olives
2 tbsp	extra virgin olive oil

1 tbsp lemon juice

1 tsp salt

0.5 tsp black pepper

Directions

Step 1

Wash and dry the head lettuce. Tear it into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Slice the tomatoes, cucumber, and red onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the lettuce, tomatoes, cucumber, red onion, feta cheese, and olives.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Mixing

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

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Mixing

Drizzle the dressing over the salad and toss to combine.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 10 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	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
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	5 g	22.73%	29.41%
Fat	15 g	53.57%	60%
Cholesterol	20 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	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Spring

Summer

Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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