



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Mediterranean Salad ♦

A refreshing and healthy salad inspired by the Mediterranean cuisine. This salad is packed with fresh vegetables, herbs, and a tangy dressing. It is perfect for a light lunch or as a side dish for grilled meats.

**Recipe Type:** Vegan

**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

|       |                 |
|-------|-----------------|
| 250 g | Romaine Lettuce |
| 150 g | cucumber        |
| 200 g | Cherry Tomatoes |
| 50 g  | red onion       |
| 100 g | Kalamata Olives |

|                |                        |
|----------------|------------------------|
| <b>100 g</b>   | feta cheese            |
| <b>30 ml</b>   | extra virgin olive oil |
| <b>15 ml</b>   | lemon juice            |
| <b>1 tsp</b>   | Dried Oregano          |
| <b>0.5 tsp</b> | Salt                   |
| <b>0.5 tsp</b> | Black pepper           |

## Directions

---

### Step 1

Cut

Wash and chop the romaine lettuce.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 2

Cut

Slice the cucumber and cherry tomatoes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 3

Cut

Thinly slice the red onion.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

## Step 4

Mixing

Combine the romaine lettuce, cucumber, cherry tomatoes, red onion, and Kalamata olives in a large bowl.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 5

Mixing

In a small bowl, whisk together the extra virgin olive oil, lemon juice, dried oregano, salt, and black pepper to make the dressing.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

---

## Step 6

Mixing

Drizzle the dressing over the salad and toss to coat.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 7

Cut

Crumble the feta cheese over the salad.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 8

Serving

Serve the Mediterranean salad immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

---

**Calories:** 150 kcal

**Fat:** 10 g

**Protein:** 6 g

**Carbohydrates: 10 g**

## Nutrition Facts

### Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein  | 6 g   | 35.29%                 | 35.29%                   |

### Carbohydrates

| Nutrient      | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 10 g  | 18.18%                 | 20%                      |
| Fibers        | 4 g   | 10.53%                 | 16%                      |
| 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       | 4 g   | 18.18%                 | 23.53%                   |
| Fat                 | 10 g  | 35.71%                 | 40%                      |

| Nutrient    | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Cholesterol | 15 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    | 300 mg | 13.04%                 | 13.04%                   |
| Calcium   | 15 mg  | 1.5%                   | 1.5%                     |
| Iron      | 10 mg  | 125%                   | 55.56%                   |
| Potassium | 250 mg | 7.35%                  | 9.62%                    |
| Zinc      | 1 mg   | 9.09%                  | 12.5%                    |
| Selenium  | 5 mcg  | 9.09%                  | 9.09%                    |

# Recipe Attributes

## Cuisines

Mediterranean

Greek

Spanish

Middle Eastern

## Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

Low Sodium

Sugar-Free

## Course

Appetizers

Salads

Sauces & Dressings

## Cultural

Passover

Thanksgiving

Halloween

## Cost

\$10 to \$20

## Demographics

Kids Friendly

Teen Friendly

## Diet

Mediterranean Diet

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Medium

Visit our website: [healthdor.com](https://healthdor.com)