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## Chopped Salad ♦

A refreshing salad made with a variety of chopped vegetables and a tangy dressing. Perfect for a light lunch or as a side dish.

**Recipe Type:** Standard

**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

200 g	Romaine Lettuce
150 g	cucumber
150 g	Tomato
50 g	red onion
100 g	bell pepper
100 g	feta cheese

<b>50 g</b>	kalamata olives
<b>2 tbsp</b>	extra virgin olive oil
<b>2 tbsp</b>	red wine vinegar
<b>1 tsp</b>	dried oregano
<b>1 tsp</b>	salt
<b>0.5 tsp</b>	black pepper

## Directions

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### Step 1

#### Cut

Chop the romaine lettuce, cucumber, tomato, red onion, and bell pepper into bite-sized pieces.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 2

#### Mixing

In a large bowl, combine the chopped vegetables with the feta cheese and Kalamata olives.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

In a small bowl, whisk together the olive oil, red wine vinegar, dried oregano, salt, and black pepper to make the dressing.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 4

#### Mixing

Pour the dressing over the salad and toss to coat evenly.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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### Step 5

#### Serving

Serve the chopped salad immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 10 g

**Protein:** 5 g

**Carbohydrates:** 10 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
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)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Course

Salads Side Dishes Snacks Appetizers

### Cuisines

Italian

### Healthy For

Hepatitis

### Diet

Anti-Inflammatory Diet

### Nutritional Content

High Fiber High Protein Low Fat Low Carb Low Sodium High Vitamin C

High Calcium

### Kitchen Tools

Blender Mixer Oven Stove Microwave Grill

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Medium

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