



Healthdor

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Lemon and Avocado Kale Salad ♦

A refreshing and nutritious salad made with kale, lemon, and avocado. Perfect for a light and healthy meal.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

200 g	kale
30 g	Lemon
100 g	Avocado

Directions

Step 1

Cut

Wash and chop the kale into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Squeeze the juice from the lemon and set aside.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Cut

Peel and dice the avocado.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Mixing

In a large bowl, combine the kale, lemon juice, and avocado. Toss well to coat.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 15 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	7 g	18.42%	28%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	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	160 iu	17.78%	22.86%
Vitamin C	70 mg	77.78%	93.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	20 mg	0.87%	0.87%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	450 mg	13.24%	17.31%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Course

Salads

Cultural

Chinese New Year Halloween

Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50 Over \$50

Demographics

Kids Friendly Teen Friendly Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet

Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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