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Asian Salad

Asian Salad is a refreshing and healthy dish that combines crisp vegetables, tangy dressing, and savory toppings. It is a popular choice for those following a vegetarian diet.

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

200 g	Mixed Greens
100 g	Carrots
100 g	cucumbers
100 g	Red Bell Peppers
100 g	Edamame

20 g	Sesame Seeds
30 ml	soy sauce
30 ml	rice vinegar
15 g	honey
5 g	Ginger
5 g	garlic

Directions

Step 1

Wash and dry the mixed greens.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Peel and julienne the carrots.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cut

Slice the cucumbers and red bell peppers.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Boiling

Boil the edamame according to package instructions.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Mixing

In a small bowl, whisk together soy sauce, rice vinegar, honey, grated ginger, and minced garlic to make the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Mixing

In a large bowl, combine the mixed greens, carrots, cucumbers, red bell peppers, and edamame. Drizzle the dressing over the salad and toss to coat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Sprinkling

Sprinkle sesame seeds on top of the salad for garnish.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 5 g

Protein: 8 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	8 g	47.06%	47.06%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
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	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	50 mg	55.56%	66.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	50 mg	5%	5%
Iron	2 mg	25%	11.11%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic Game Day

Cuisines

Thai Japanese Mediterranean Spanish

Course

Salads Snacks Sauces & Dressings

Cost

Under \$10 \$10 to \$20

Demographics

Kids Friendly Teen Friendly Allergy Friendly Heart Healthy

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Meal Type

Lunch Dinner Snack Supper

Difficulty Level

Medium

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