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Kale Salad ♦

A refreshing and nutritious salad made with fresh kale leaves, tossed with a tangy lemon dressing and topped with crunchy almonds and juicy cherry tomatoes.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

200 g	kale
1 juice of	Lemon
2 tbsp	olive oil
1 teaspoon	salt
0.5 teaspoon	black pepper

50 g	almonds
150 g	Cherry Tomatoes

Directions

Step 1

Wash and dry the kale leaves. Remove the tough stems and tear the leaves into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

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

Prep Time: 3 mins

Cook Time: 0 mins

Step 3

Mixing

Pour the dressing over the kale leaves and massage it into the leaves for a few minutes to soften them.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Mixing

Add the almonds and cherry tomatoes to the kale and toss to combine.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 9 g

Protein: 4 g

Carbohydrates: 8 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%
Fibers	3 g	7.89%	12%
Sugars	2 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	1 g	4.55%	5.88%
Fat	9 g	32.14%	36%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	206 iu	22.89%	29.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	134 mg	148.89%	178.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	14 mg	1.4%	1.4%
Iron	9 mg	112.5%	50%
Potassium	330 mg	9.71%	12.69%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Spring

Summer

Events

Game Day

Course

Salads

Snacks

Cultural

Chinese New Year

St. Patrick's Day

Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Weight Watchers (WW) Diet

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

Volumetrics Diet

The Whole30 Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Engine 2 Diet

Blood Type Diet

Ayurvedic Diet

Meal Type

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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