



Healthdor

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Tofu Salad

A healthy and delicious salad made with tofu as the main ingredient. This salad is perfect for vegans and vegetarians.

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

400 g	tofu
200 g	lettuce
150 g	Tomatoes
100 g	cucumbers
50 g	red onion
30 g	olive oil

15 g	lemon juice
5 g	salt
5 g	pepper

Directions

Step 1

Drain and press the tofu to remove excess water.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the tofu into small cubes.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Cutting

Chop the lettuce, tomatoes, cucumbers, and red onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a large bowl, combine the tofu, lettuce, tomatoes, cucumbers, and red onion.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Mixing

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

Prep Time: 3 mins

Cook Time: 0 mins

Step 6

Mixing

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

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 15 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

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	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	10 mg	1%	1%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
 Game Day

Meal Type

Brunch Lunch Dinner Snack Supper

Difficulty Level

Medium

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