



Healthdor

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## Ole Salad · ·

A refreshing and healthy salad made with fresh vegetables and a zesty dressing. Perfect for a light lunch or dinner.

**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

200 g	Romaine Lettuce
150 g	Cherry Tomatoes
100 g	cucumber
50 g	red onion
50 g	Black Olives
100 g	feta cheese

<b>2 tbsp</b>	extra virgin olive oil
<b>2 tbsp</b>	lemon juice
<b>1 tsp</b>	Dried Oregano
<b>0.5 tsp</b>	Salt
<b>0.5 tsp</b>	Black pepper

## Directions

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### Step 1

Cutting

Wash and chop the romaine lettuce.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Cutting

Slice the cherry tomatoes in half.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

Cutting

Peel and dice the cucumber.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 4

Cutting

Thinly slice the red onion.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 5

Mixing

Combine the lettuce, tomatoes, cucumber, red onion, and black olives in a large bowl.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Mixing

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

**Prep Time:** 3 mins

**Cook Time:** 0 mins

## Step 7

Mixing

Drizzle the dressing over the salad and toss to combine.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 10 g

**Protein:** 5 g

**Carbohydrates:** 10 g

## Nutrition Facts

### Proteins

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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	4 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	300 mg	13.04%	13.04%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Picnic

### Course

Salads

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

## Demographics

Senior Friendly

Teen Friendly

Allergy Friendly

## Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Volumetrics Diet

Paleo Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Low Glycemic Index Diet

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Medium

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