



Healthdor

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Artichoke Salad ·

A refreshing and healthy salad made with fresh artichokes, mixed greens, and a tangy lemon dressing.

Recipe Type: Vegetarian

Prep Time: 20 mins

Cook Time: 10 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Artichokes
200 g	Mixed Greens
2 tbsp	Lemon
2 tbsp	Olive oil
1 tsp	Salt
1 tsp	Pepper

Directions

Step 1

Cutting

Prepare the artichokes by removing the tough outer leaves and trimming the stems.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Steaming

Steam the artichokes until tender, about 10 minutes.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Cutting

Let the artichokes cool, then slice them into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a large bowl, combine the artichokes, mixed greens, lemon juice, olive oil, salt, and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

Toss the salad until well coated with the dressing.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve the salad chilled and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 5 g

Carbohydrates: 15 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	15 g	27.27%	30%
Fibers	7 g	18.42%	28%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	15 iu	1.67%	2.14%
Vitamin C	25 mg	27.78%	33.33%
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	400 mg	17.39%	17.39%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic Game Day

Cuisines

Mediterranean

Course

Salads Snacks Sauces & Dressings

Cultural

Chinese New Year

Demographics

Lactation Friendly Heart Healthy

Diet

Vegetarian Diet Vegan Diet Pescatarian Diet Lacto-Ovo Vegetarian Diet

The Acid Reflux Diet Gluten-Free Diet Low Sodium Diet

The Fast Metabolism Diet Nutrient Timing Diet

Meal Type

Brunch Lunch

Difficulty Level

Medium

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