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Salad with Homemade Creamy Sesame Dressing [♦]

This salad is a refreshing and nutritious dish that combines fresh vegetables with a creamy and flavorful sesame dressing. It can be enjoyed as a side dish or a light meal. The dressing is made from scratch using sesame oil, soy sauce, vinegar, and other ingredients. The combination of flavors and textures in this salad is sure to satisfy your taste buds.

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 salad greens
100 g	cucumber
100 g	carrot

100 g	Red Bell Pepper
50 g	Green Onions
2 tbsp	sesame oil
2 tbsp	soy sauce
1 tbsp	rice vinegar
1 tbsp	honey
1 cloves	garlic
1 tsp	Ginger
2 tbsp	water

Directions

Step 1

Wash and dry the salad greens.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the cucumber, carrot, and red bell pepper into thin strips.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Cutting

Chop the green onions.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

In a large bowl, combine the salad greens, sliced vegetables, and chopped green onions.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Mixing

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

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Serving

Serve the salad immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 4 g

Carbohydrates: 12 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	12 g	21.82%	24%
Fibers	3 g	7.89%	12%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 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	50 iu	5.56%	7.14%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	60 mg	66.67%	80%
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	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

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

Lunch

Dinner

Snack

Difficulty Level

Medium

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