



Healthdor

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Lemon Avocado Salad ♦

A refreshing and healthy salad made with fresh avocados and tangy lemon dressing. 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

250 g	Avocado
4 tsp	lemon juice
2 tbsp	olive oil
1 tsp	salt
1 tsp	black pepper
250 g	Cherry Tomatoes

50 g	red onion
10 g	Cilantro
100 g	lettuce

Directions

Step 1

In a large bowl, combine avocado, lemon juice, olive oil, salt, and black pepper. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Add cherry tomatoes, red onion, cilantro, and lettuce to the bowl. Toss gently to combine.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Refrigerating

Refrigerate for at least 30 minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 160 kcal

Fat: 14 g

Protein: 2 g

Carbohydrates: 9 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	9 g	16.36%	18%
Fibers	7 g	18.42%	28%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	1 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	14 g	50%	56%
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	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	450 mg	13.24%	17.31%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas New Year Back to School Picnic

Course

Salads Snacks Sauces & Dressings

Cultural

Chinese New Year

Cost

Over \$50

Demographics

Teen Friendly Diabetic Friendly Heart Healthy

Diet

Fruitarian Diet

Vegetarian Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Meal Type

Brunch

Lunch

Snack

Supper

Difficulty Level

Medium

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