



Healthdor

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## Easy Tossed Salad ♦

A simple and refreshing salad that can be prepared quickly. It is a perfect side dish for any meal.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

200 g	lettuce
200 g	Tomatoes
100 g	cucumbers
50 g	red onion
2 tbsp	olive oil
2 tbsp	lemon juice

1 tsp salt

1 tsp black pepper

## Directions

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### Step 1

Wash and dry the lettuce, tomatoes, cucumbers, and red onion.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

**Cut**

Chop the lettuce, tomatoes, cucumbers, and red onion into bite-sized pieces.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

**Mixing**

In a large bowl, combine the chopped vegetables.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Pouring

Drizzle olive oil and lemon juice over the salad.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Sprinkling

Season with salt and black pepper.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Stirring

Toss the salad gently to combine all the ingredients.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 100 kcal

**Fat: 8 g**

**Protein: 2 g**

**Carbohydrates: 6 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	6 g	10.91%	12%
Fibers	3 g	7.89%	12%
Sugars	2 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	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	8 mg	0.24%	0.31%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Picnic

### Course

Salads Sauces & Dressings

### Diet

Low Sodium Diet The Fast Metabolism Diet Nutrient Timing Diet  
 The 80/10/10 Diet The Gerson Therapy The Swiss Secret Diet  
 The Scarsdale Diet The Cabbage Soup Diet The Hallelujah Diet  
 The Mayo Clinic Diet The Beverly Hills Diet The Hollywood Diet  
 The Lemonade Diet The Grapefruit Diet The Rice Diet

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Easy

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