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Green Salad with Olives ♦♦

A refreshing salad made with fresh greens and tangy olives. Perfect for a light lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

150 g	Mixed Greens
50 g	Olives
2 tbsp	olive oil
1 tbsp	balsamic vinegar
1 teaspoon	salt

1
teaspoon pepper

Directions

Step 1

Wash and dry the mixed greens.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

In a large bowl, combine the mixed greens and olives.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Mixing

In a small bowl, whisk together the olive oil, balsamic vinegar, salt, and pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Stirring

Drizzle the dressing over the salad and toss to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve the salad immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 10 g

Protein: 2 g

Carbohydrates: 5 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	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
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	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	50 iu	5.56%	7.14%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	5 mg	33.33%	33.33%
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	100 mg	2.94%	3.85%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Spring

Summer

Events

Barbecue

Course

Salads

Sauces & Dressings

Demographics

Pregnancy Safe

Diet

OMAD (One Meal a Day) Diet

Body for Life Diet

Vegetarian Diet

Vegan Diet

Fruitarian Diet

Low Sodium Diet

The Gerson Therapy

The F-Plan Diet

The PCOS (Polycystic Ovary Syndrome) Diet

The High-Iron Diet

The Low-Phosphorus Diet

The High-Vitamin K Diet

The Migraine Diet

The Celiac Disease Diet

Meal Type

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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