



Healthdor

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Lemon Parmesan Salad ♦

A refreshing salad with a tangy lemon dressing and savory Parmesan cheese.

Recipe Type: Standard

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	Romaine Lettuce
50 g	parmesan cheese
4 tbsp	Lemon juice
2 tbsp	Olive oil
0.5 tsp	Salt
0.25 tsp	Black pepper

Directions

Step 1

Wash and dry the romaine lettuce leaves.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Tear the lettuce into bite-sized pieces and place in a salad bowl.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Mixing

In a small bowl, whisk together the lemon juice, olive oil, salt, and black pepper to make the dressing.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Mixing

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

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Sprinkling

Sprinkle Parmesan cheese on top of the salad.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 9 g

Protein: 5 g

Carbohydrates: 6 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	6 g	10.91%	12%
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	4 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	9 g	32.14%	36%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	200 iu	22.22%	28.57%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	40 mg	44.44%	53.33%
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	300 mg	13.04%	13.04%
Calcium	15 mg	1.5%	1.5%
Iron	8 mg	100%	44.44%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer

Events

Thanksgiving

Birthday

Wedding

Valentine's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Barbecue

Game Day

Cuisines

French

Thai

Mediterranean

American

Middle Eastern

Nutritional Content

Low Fat

Course

Salads

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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