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Mushroom and Pepper Tossed Salad ••

A refreshing and healthy salad made with mushrooms and peppers. Perfect for a light lunch or dinner.

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	Mushrooms
200 g	Bell peppers
100 g	lettuce
2 tbsp	olive oil
2 tbsp	lemon juice

1 tsp salt

1 tsp black pepper

Directions

Step 1

Cut

Slice the mushrooms and bell peppers.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Preparation

Wash and dry the lettuce leaves.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the mushrooms, bell peppers, and lettuce.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Mixing

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

Prep Time: 3 mins

Cook Time: 0 mins

Step 5

Mixing

Pour the dressing over the salad and toss to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 7 g

Protein: 3 g

Carbohydrates: 8 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%
Fibers	3 g	7.89%	12%
Sugars	4 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	7 g	25%	28%
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	50 mg	55.56%	66.67%
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	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Spring Summer

Events

Picnic

Course

Salads Sauces & Dressings

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C High Iron High Calcium

Kitchen Tools

Blender Mixer Oven Stove Microwave

Meal Type

Lunch

Difficulty Level

Easy

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