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## Raw Kale Salad with Balsamic ♦♦

A refreshing and nutritious salad made with raw kale and drizzled with balsamic dressing. Perfect for vegetarians.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 4

**Serving Size:** 75 g

### Ingredients

<b>200 g</b>	kale
<b>2 tbsp</b>	balsamic vinegar
<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	Salt
<b>1 tsp</b>	Black pepper
<b>100 g</b>	Cherry Tomatoes

50 g	red onion
50 g	parmesan cheese

## Directions

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### Step 1

Cut

Wash and dry the kale leaves. Remove the tough stems and chop the leaves into bite-sized pieces.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Mixing

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Mixing

In a large bowl, combine the kale, cherry tomatoes, red onion, and Parmesan cheese.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Mixing

Pour the dressing over the salad and toss to coat evenly.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Serving

Serve immediately or refrigerate for later.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 10 g

**Protein:** 6 g

**Carbohydrates: 12 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
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)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	5 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	120 iu	13.33%	17.14%
Vitamin C	80 mg	88.89%	106.67%
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	400 mg	17.39%	17.39%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

# Recipe Attributes

## Seasonality

Spring Summer Fall

## Events

Thanksgiving Picnic

## Course

Salads Snacks Sauces & Dressings

## Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest  
Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter  
Halloween

## Cost

Under \$10

## Meal Type

Brunch Lunch Dinner

## Difficulty Level

Medium

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