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Basic Tossed Salad ♦♦

A simple and refreshing salad made with fresh vegetables and a light dressing.

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

1 tsp pepper

Directions

Step 1

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Stirring

Pour the dressing over the chopped vegetables and toss to coat.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Refrigerating

Serve the salad immediately or refrigerate until ready to serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 8 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	2 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	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
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	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	6 mg	0.18%	0.23%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer

Fall

Cuisines

Italian

Course

Salads

Snacks

Sauces & Dressings

Cooking Method

Steaming

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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