



Healthdor

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Red-Leaf Lettuce with Shallot Vinaigrette ••

A refreshing and healthy salad made with red-leaf lettuce and a tangy shallot vinaigrette. Perfect for a light lunch or as a side dish.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	red-leaf lettuce
20 g	Shallot
2 tbsp	olive oil
2 tbsp	red wine vinegar
1 tsp	dijon mustard

1 tsp	honey
0.5 tsp	salt
0.25 tsp	black pepper

Directions

Step 1

Wash and dry the red-leaf lettuce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Thinly slice the shallot.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Mixing

In a small bowl, whisk together the olive oil, red wine vinegar, Dijon mustard, honey, salt, and black pepper to make the vinaigrette.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Mixing

In a large salad bowl, combine the red-leaf lettuce and sliced shallot. Drizzle the vinaigrette over the salad and toss to coat.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 9 g

Protein: 2 g

Carbohydrates: 6 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	6 g	10.91%	12%
Fibers	2 g	5.26%	8%
Sugars	3 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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	9 g	32.14%	36%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	40 mg	4%	4%
Iron	1 mg	12.5%	5.56%
Potassium	200 mg	5.88%	7.69%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	0 mg	0%	0%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Spring Summer

Events

Picnic

Course

Salads Snacks

Cultural

Chinese New Year

Diet

Vegetarian Diet Vegan Diet Ovo-Vegetarian Diet Gluten-Free Diet

The Fast Metabolism Diet Nutrient Timing Diet The Gerson Therapy

The Swiss Secret Diet The Scarsdale Diet The Cabbage Soup Diet

The Mayo Clinic Diet The Beverly Hills Diet The Lemonade Diet

The Grapefruit Diet

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

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