



Healthdor

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## Big Green Salad ♦

A refreshing and healthy salad made with fresh greens and vegetables. Perfect for a light lunch or dinner.

**Recipe Type:** Vegetarian

**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	Mixed Greens
100 g	cucumber
100 g	Avocado
100 g	Cherry Tomatoes
50 g	red onion
50 g	feta cheese

30 g	olive oil
30 ml	lemon juice
5 g	salt
5 g	pepper

## Directions

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### Step 1

#### Preparation

Wash and dry the mixed greens.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Cutting

Slice the cucumber, avocado, and cherry tomatoes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Cutting

Thinly slice the red onion.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Mixing

In a large bowl, combine the mixed greens, cucumber, avocado, cherry tomatoes, red onion, and crumbled feta cheese.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 5

Mixing

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

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 6

Mixing

Drizzle the dressing over the salad and toss to coat.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 7

Serving

Serve immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 15 g

**Protein:** 5 g

**Carbohydrates:** 10 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	5 g	29.41%	29.41%
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## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
Sugars	3 g	N/A	N/A
Lactose	2 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	15 g	53.57%	60%
Cholesterol	10 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	30 mg	33.33%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	100 mg	10%	10%
Iron	2 mg	25%	11.11%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

### Meal Type

Lunch

Snack

### Difficulty Level

Medium

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