



Healthdor

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Red Leaf, Radish, and Pine Nut Salad ••

A refreshing and healthy salad made with red leaf lettuce, radishes, and pine nuts. This salad is vegan and packed with nutrients.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

100 g	red leaf lettuce
50 g	Radishes
20 g	Pine Nuts

Directions

Step 1

Preparation

Wash and dry the red leaf lettuce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the radishes thinly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Frying

Toast the pine nuts in a dry skillet until golden brown.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Combine the red leaf lettuce, radishes, and pine nuts in a bowl.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve the salad chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 15 g

Protein: 5 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

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

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
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	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

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

Supper

Difficulty Level

Medium

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