



Healthdor

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Vegan Caesar Salad ••

A vegan version of the classic Caesar salad. This salad is made with fresh vegetables, vegan dressing, and vegan croutons. It's a healthy and delicious option for vegans and vegetarians.

Recipe Type: Vegan

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

| | |
|-------|-----------------------|
| 400 g | Romaine Lettuce |
| 100 g | vegan caesar dressing |
| 50 g | vegan croutons |
| 100 g | Cherry Tomatoes |
| 100 g | cucumber |

| | |
|------|--------------|
| 50 g | red onion |
| 50 g | Black Olives |

Directions

Step 1

Cut

Wash and chop the romaine lettuce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Slice the cherry tomatoes, cucumber, red onion, and black olives.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the chopped lettuce, sliced vegetables, vegan Caesar dressing, and vegan croutons.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Toss the salad until all ingredients are well coated with the dressing.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve the salad immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 6 g

Protein: 4 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 4 g | 23.53% | 23.53% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 20 g | 36.36% | 40% |
| Fibers | 5 g | 13.16% | 20% |
| Sugars | 5 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 4 g | N/A | N/A |
| Saturated Fat | 1 g | 4.55% | 5.88% |
| Fat | 6 g | 21.43% | 24% |
| Cholesterol | 0 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|--------|------------------------|--------------------------|
| Vitamin A | 100 iu | 11.11% | 14.29% |
| Vitamin C | 30 mg | 33.33% | 40% |
| 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 | 300 mg | 13.04% | 13.04% |
| Calcium | 6 mg | 0.6% | 0.6% |
| Iron | 10 mg | 125% | 55.56% |
| Potassium | 300 mg | 8.82% | 11.54% |
| Zinc | 1 mg | 9.09% | 12.5% |
| Selenium | 2 mcg | 3.64% | 3.64% |

Recipe Attributes

Seasonality

Summer

Events

Thanksgiving

Barbecue

Cuisines

Italian

Chinese

Mediterranean

Course

Salads

Sauces & Dressings

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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