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Winter Vegetable Salad ·

A delicious and nutritious salad made with seasonal winter vegetables. This salad is packed with vitamins and minerals, and is perfect for a healthy winter meal.

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

200 g	kale
200 g	Brussels sprouts
100 g	Carrots
100 g	Red Cabbage
50 g	pomegranate seeds
50 g	walnuts

2 tbsp	olive oil
2 tbsp	lemon juice
1 tsp	salt
1 tsp	pepper

Directions

Step 1

Cut

Wash and chop the kale, Brussels sprouts, carrots, and red cabbage.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, combine the chopped vegetables, pomegranate seeds, and walnuts.

Prep Time: 2 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: 3 mins

Cook Time: 0 mins

Step 4

Stirring

Drizzle the dressing over the salad and toss to coat.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Serving

Serve the salad chilled and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 5 g

Carbohydrates: 12 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	12 g	21.82%	24%
Fibers	4 g	10.53%	16%
Sugars	6 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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
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	80 mg	88.89%	106.67%
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	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Winter Fall

Events

Picnic

Meal Type

Breakfast Brunch Lunch Dinner

Course

Salads

Diet

Anti-Inflammatory Diet Low Glycemic Index Diet Low Sodium Diet
 The Fast Metabolism Diet Nutrient Timing Diet The 80/10/10 Diet
 The Gerson Therapy The Swiss Secret Diet The Scarsdale Diet
 The Cabbage Soup Diet The Hallelujah Diet The Mayo Clinic Diet
 The Beverly Hills Diet The Hollywood Diet The Lemonade Diet

Difficulty Level

Easy

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