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Fennel, Tomato, and Feta Salad

A refreshing and flavorful salad made with fennel, tomato, and feta cheese. Perfect for a light lunch or as a side dish for 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	Fennel
300 g	Tomato
150 g	feta cheese

Directions

Step 1

Cut

Slice the fennel into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Dice the tomatoes into small cubes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cut

Crumble the feta cheese into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a large bowl, combine the sliced fennel, diced tomatoes, and crumbled feta cheese.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Mixing

Toss the salad with your favorite dressing or a simple vinaigrette.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve the salad chilled and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
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	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	200 mg	20%	20%
Iron	2 mg	25%	11.11%
Potassium	300 mg	8.82%	11.54%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Course

Salads

Diet

South Beach Diet Pescatarian Diet Lacto-Vegetarian Diet
 Traditional Chinese Medicine (TCM) Diet The Fast Metabolism 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 The Grapefruit Diet The Rice Diet
 The Sleeping Beauty Diet The Baby Food Diet

Meal Type

Lunch Supper

Difficulty Level

Medium

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