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## Starter Salad

A refreshing salad to start your meal. It is packed with fresh vegetables and a tangy dressing.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

200 g	lettuce
100 g	cucumber
100 g	Tomato
50 g	red onion
2 tbsp	olive oil
1 tbsp	lemon juice

0.5 tsp salt

0.25 tsp  
black pepper

## Directions

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### Step 1

Cut

Wash and chop the lettuce, cucumber, tomato, and red onion.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Mixing

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

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

Mixing

Drizzle the dressing over the salad and toss to combine.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 100 kcal

**Fat:** 10 g

**Protein:** 2 g

**Carbohydrates:** 5 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	5 g	N/A	N/A
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	50 iu	5.56%	7.14%
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	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	150 mg	4.41%	5.77%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

## Recipe Attributes

### Seasonality

Spring Summer

### Events

Barbecue

### Course

Salads Sauces & Dressings

### Diet

Gluten-Free Diet The Scarsdale Diet The Cabbage Soup Diet The Air Diet

The Negative Calorie Diet The Starch Solution Diet

The Specific Carbohydrate Diet (SCD) The Dr. Sebi Diet

The Crohn's Disease Diet The GERD Diet (Gastroesophageal Reflux Disease)

The PCOS (Polycystic Ovary Syndrome) Diet The Low Oxalate Diet

The Diabetes Diet The Hyperthyroidism Diet The Osteoporosis Diet

## Meal Type

Lunch

Supper

## Difficulty Level

Easy

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