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## Chopped Power Salad · ·

A nutritious salad packed with power ingredients to fuel your day.

**Recipe Type:** Standard

**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	Mixed Greens
150 g	Cherry Tomatoes
100 g	cucumber
100 g	Avocado
50 g	red onion
100 g	Chickpeas
30 g	Sunflower Seeds

<b>2 tbsp</b>	olive oil
<b>2 tbsp</b>	lemon juice
<b>1 tsp</b>	salt
<b>1 tsp</b>	pepper

## Directions

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### Step 1

Cut

Wash and chop the mixed greens.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Cut

Halve the cherry tomatoes.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

Cut

Dice the cucumber and avocado.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 4

Cut

Finely slice the red onion.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 5

Rinse and drain the chickpeas.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 6

Mixing

In a large bowl, combine the mixed greens, cherry tomatoes, cucumber, avocado, red onion, chickpeas, and sunflower seeds.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 7

Mixing

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

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 8

Mixing

Drizzle the dressing over the salad and toss to coat.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 9

Serving

Serve the salad immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 250 kcal

**Fat:** 15 g

**Protein:** 10 g

**Carbohydrates:** 20 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	20 g	36.36%	40%
Fibers	10 g	26.32%	40%
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	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	20 iu	2.22%	2.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

## 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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