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Chopped Salad ♦

A delicious chopped salad recipe with a variety of fresh ingredients and a flavorful dressing. Perfect for a light and healthy meal.

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	Romaine Lettuce
150 g	Tomatoes
100 g	cucumber
50 g	red onion
100 g	bell pepper
50 g	Kalamata Olives

100 g	feta cheese
2 tbsp	olive oil
1 tbsp	red wine vinegar
1 tsp	dijon mustard
1 tsp	honey
0.5 tsp	salt
0.5 tsp	black pepper

Directions

Step 1

Cut

Chop the romaine lettuce, tomatoes, cucumber, red onion, and bell pepper into bite-sized pieces.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

Add the chopped vegetables to a large bowl and toss to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Mixing

In a small bowl, whisk together the olive oil, red wine vinegar, Dijon mustard, honey, salt, and black pepper to make the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Drizzle the dressing over the chopped salad and toss to coat evenly.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 5 g

Carbohydrates: 10 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	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
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	15 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	2 mg	153.85%	153.85%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	10 mg	1%	1%
Iron	8 mg	100%	44.44%
Potassium	10 mg	0.29%	0.38%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Spring

Summer

Fall

Events

Picnic

Course

Salads Sauces & Dressings

Diet

5:2 Diet Slow Carb Diet Vegetarian Diet Vegan Diet Raw Food Diet
Pescatarian Diet Ovo-Vegetarian Diet Lacto-Vegetarian Diet
Lacto-Ovo Vegetarian Diet Fruitarian Diet Engine 2 Diet Blood Type Diet
Ayurvedic Diet Traditional Chinese Medicine (TCM) Diet

Meal Type

Lunch Snack Supper

Difficulty Level

Easy

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