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Chef's Salad - Lil', without Dressing

A classic chef's salad without dressing. This salad is packed with fresh vegetables, cheese, and protein. It's 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: 2

Serving Size: 250 g

Ingredients

200 g	lettuce
100 g	Tomatoes
100 g	cucumbers
2 pieces	hard-boiled eggs
50 g	Cheddar Cheese

50 g	Ham
50 g	Turkey
30 g	bacon

Directions

Step 1



Wash and chop the lettuce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2



Slice the tomatoes and cucumbers.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3



Peel and slice the hard-boiled eggs.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Grating

Shred the cheddar cheese.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5



Dice the ham and turkey.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Frying

Cook and crumble the bacon.

Prep Time: 5 mins

Cook Time: 5 mins

Step 7



Combine all the ingredients in a large bowl.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	3 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	9 g	40.91%	52.94%
Fat	20 g	71.43%	80%
Cholesterol	250 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	25 iu	2.78%	3.57%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	10 mg	66.67%	66.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	700 mg	30.43%	30.43%
Calcium	25 mg	2.5%	2.5%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Picnic

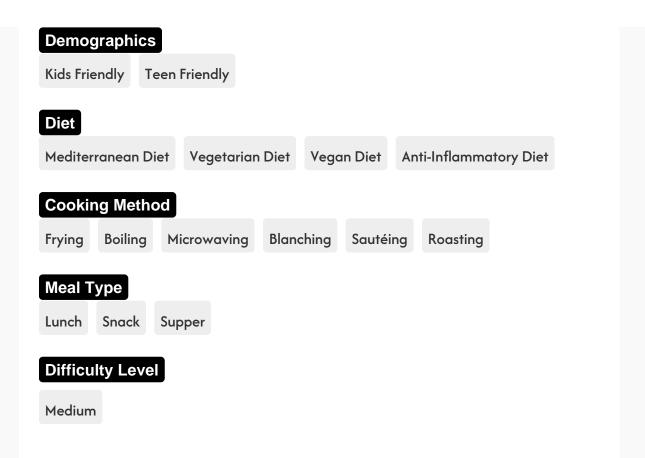
Course

Salads Sauces & Dressings

Cultural

Chinese New Year

Thanksgiving



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