



Healthdor

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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

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### Step 1

Cut

Wash and chop the lettuce.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Cut

Slice the tomatoes and cucumbers.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Cut

Peel and slice the hard-boiled eggs.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Grating

Shred the cheddar cheese.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 5

Cut

Dice the ham and turkey.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

Frying

Cook and crumble the bacon.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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## Step 7

### Mixing

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

## Demographics

Kids Friendly

Teen Friendly

## Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Anti-Inflammatory Diet

## Cooking Method

Frying

Boiling

Microwaving

Blanching

Sautéing

Roasting

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Medium

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