



Healthdor

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## Garden Salad ♦♦

A refreshing and healthy salad made with fresh garden vegetables.

**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	lettuce
150 g	cucumber
150 g	Tomato
50 g	red onion

### Directions

## Step 1

Cut

Wash and chop the lettuce.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Cut

Peel and slice the cucumber.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

Cut

Dice the tomato.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Cut

Slice the red onion.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 100 kcal

**Fat:** 2 g

**Protein:** 5 g

**Carbohydrates:** 20 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	20 g	36.36%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
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	100 mg	4.35%	4.35%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Thanksgiving Game Day

### Course

Salads Sauces & Dressings

### Cultural

Chinese New Year

### Healthy For

Colorectal cancer Gastroesophageal reflux disease (GERD) Gastritis

Peptic ulcer disease Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS) Celiac disease Diverticulitis Hemorrhoids

Appendicitis

Gallstones

Pancreatitis

Liver disease

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Easy

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