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Shredded Lettuce Salad ♦♦

A refreshing and healthy salad made with shredded lettuce and a variety of fresh vegetables. This salad is perfect for a light lunch or as a side dish for dinner.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

200 g	lettuce
100 g	Tomato
100 g	cucumber
50 g	red onion
50 g	bell pepper
2 tbsp	olive oil

2 tbsp	lemon juice
1 tsp	salt
1 tsp	pepper

Directions

Step 1

Cut

Wash and shred the lettuce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Chop the tomato, cucumber, red onion, and bell pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the shredded lettuce, chopped vegetables, olive oil, lemon juice, salt, and pepper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Mixing

Toss well to combine all the ingredients.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve the salad chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 50 kcal

Fat: 5 g

Protein: 2 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	6 mg	0.18%	0.23%
Zinc	0 mg	0%	0%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Cuisines

Italian

Course

Drinks Salads Sauces & Dressings

Cultural

Chinese New Year Passover

Demographics

Lactation Friendly

Diet

Mediterranean Diet Vegetarian Diet Vegan Diet Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet Fruitarian Diet Anti-Inflammatory Diet

Gluten-Free Diet The Fast Metabolism Diet The Swiss Secret Diet

The Beverly Hills Diet

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

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