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Shelled Peanut Salad ••

A refreshing and nutritious salad made with shelled peanuts, mixed greens, and a tangy vinaigrette dressing.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

| | |
|--------|-----------------|
| 100 g | shelled peanuts |
| 100 g | Mixed Greens |
| 100 g | Cherry Tomatoes |
| 50 g | red onion |
| 50 g | feta cheese |
| 2 tbsp | olive oil |

| | |
|----------------|---------------|
| 2 tbsp | lemon juice |
| 1 tsp | dijon mustard |
| 1 tsp | honey |
| 0.5 tsp | salt |
| 0.5 tsp | black pepper |

Directions

Step 1

In a large bowl, combine the mixed greens, cherry tomatoes, red onion, and shelled peanuts.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Whisking

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

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

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Crumble the feta cheese over the top of the salad.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Serving

Serve immediately and enjoy!

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 16 g

Protein: 8 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 8 g | 47.06% | 47.06% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 10 g | 18.18% | 20% |
| Fibers | 4 g | 10.53% | 16% |
| 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 | 8 g | N/A | N/A |
| Saturated Fat | 4 g | 18.18% | 23.53% |
| Fat | 16 g | 57.14% | 64% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Cholesterol | 15 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 20 iu | 2.22% | 2.86% |
| Vitamin C | 30 mg | 33.33% | 40% |
| Vitamin B6 | 0 mg | 0% | 0% |
| Vitamin B12 | 1 mcg | 41.67% | 41.67% |
| Vitamin E | 2 mg | 13.33% | 13.33% |
| 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 | 6 mg | 75% | 33.33% |
| Potassium | 200 mg | 5.88% | 7.69% |
| Zinc | 1 mg | 9.09% | 12.5% |
| Selenium | 2 mcg | 3.64% | 3.64% |

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Picnic

Course

Salads Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest
Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter
Halloween

Cost

Under \$10

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

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