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Leek and Tomato Tzatziki Salad ·•

A refreshing vegetarian salad made with leeks, tomatoes, and tzatziki sauce. Perfect for a light lunch or side dish.

Recipe Type: Vegetarian

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	leek
20 g	butter
50 g	onion
2 pieces	Egg
200 g	Tomatoes
100 g	tzatziki sauce

100 g	lettuce leaves
100 g	canned black beans
50 g	Peppers

Directions

Step 1

Cut

Slice the leeks and rinse thoroughly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Chop the tomatoes, onions, and peppers.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the leeks, tomatoes, onions, peppers, lettuce leaves, and black beans.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Mixing

Add the tzatziki sauce and toss to coat the ingredients.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve chilled and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 8 g

Carbohydrates: 20 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	20 g	36.36%	40%
Fibers	6 g	15.79%	24%
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	2 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	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	25 mg	27.78%	33.33%
Vitamin B6	6 mg	461.54%	461.54%
Vitamin B12	15 mcg	625%	625%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	15 mg	0.44%	0.58%
Zinc	8 mg	72.73%	100%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Spring Fall

Cuisines

Italian

Kitchen Tools

Slow Cooker

Course

Salads

Diet

Warrior Diet

Vegan Diet

Lacto-Vegetarian Diet

The Dr. Sebi Diet

The Chronic Fatigue Syndrome Diet

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