



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## House Salad Mix ♦

A refreshing and healthy salad mix that can be enjoyed as a side dish or a main course. The House Salad Mix is made with fresh greens, vegetables, and a tangy dressing.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 5

**Serving Size:** 100 g

### Ingredients

200 g	lettuce
100 g	Tomatoes
100 g	cucumbers
50 g	Red Onions
50 g	Olives
50 g	feta cheese

<b>2 tbsp</b>	olive oil
<b>1 tbsp</b>	red wine vinegar
<b>0.5 tsp</b>	salt
<b>0.5 tsp</b>	pepper

## Directions

### Step 1

Wash and dry the lettuce.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

Cutting

Chop the tomatoes, cucumbers, and red onions.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 3

Mixing

In a large bowl, combine the lettuce, tomatoes, cucumbers, red onions, olives, and feta cheese.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 4

Mixing

In a small bowl, whisk together the olive oil, red wine vinegar, salt, and pepper to make the dressing.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 5

Mixing

Drizzle the dressing over the salad and toss to combine.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

---

**Calories:** 150 kcal

**Fat:** 10 g

**Protein: 5 g**

**Carbohydrates: 10 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	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
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	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	10 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	30 iu	3.33%	4.29%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
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	8 mg	100%	44.44%
Potassium	300 mg	8.82%	11.54%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Easy

Visit our website: [healthdor.com](http://healthdor.com)