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Vegetarian Combo deLITE ♦♦

A delicious and nutritious vegetarian combo that will satisfy your taste buds and keep you feeling full and energized. This combo includes a variety of plant-based ingredients that are packed with vitamins, minerals, and fiber. It's perfect for vegetarians looking for a healthy and flavorful meal option.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

200 g	Quinoa
200 g	Black Beans
150 g	Cherry Tomatoes
100 g	cucumber
50 g	red onion

100 g	Avocado
30 ml	lime juice
30 ml	olive oil
5 g	salt
2 g	black pepper

Directions

Step 1

Boiling

Cook quinoa according to package instructions.

Prep Time: 5 mins

Cook Time: 15 mins

Step 2

Rinse and drain black beans.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Cutting

Chop cherry tomatoes, cucumber, red onion, and avocado.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a large bowl, combine cooked quinoa, black beans, cherry tomatoes, cucumber, red onion, and avocado.

Prep Time: 3 mins

Cook Time: 0 mins

Step 5

Mixing

In a small bowl, whisk together lime juice, olive oil, salt, and black pepper to make the dressing.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Mixing

Pour the dressing over the quinoa and vegetable mixture. Toss to combine.

Prep Time: 1 mins

Cook Time: 0 mins

Step 7

Serving

Serve the Vegetarian Combo deLITE chilled or at room temperature.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 8 g

Protein: 10 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	8 g	21.05%	32%
Sugars	2 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
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	8 mg	72.73%	100%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Spring Summer

Cuisines

Italian

Course

Salads Sauces & Dressings

Cultural

Chinese New Year

Diet

Zone Diet

Vegetarian Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Anti-Inflammatory Diet

Low Glycemic Index Diet

The Swiss Secret Diet

The Scarsdale Diet

The Israeli Army Diet

The Werewolf Diet

The Negative Calorie Diet

The Best Life Diet

The CICO (Calories In, Calories Out) Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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