DietCloud – Recipe

Recipe Name: Grilled Paneer Salad.

Diet Type: Vegetarian

Course:

Cuisine: Indian

Quantity: 1 bowl per Portion



Description

This vibrant Grilled Paneer Salad showcases perfectly charred golden-brown paneer cubes, complemented by a fresh mix of bright red tomato wedges, thinly sliced purple red onions, and fragrant green cilantro leaves. Served in a bowl, this appealing dish offers a delightful blend of textures and flavors.
[PROS]
- Excellent source of vegetarian protein from paneer for muscle maintenance and satiety.
- Provides heart-healthy monounsaturated fats from olive oil.
- Offers fiber and essential vitamins from the lettuce base, aiding digestion and overall health.
[CONS]
- Paneer can be high in saturated fat, requiring moderation for some dietary plans.
- The provided ingredient list is basic; a wider variety of micronutrients might require additional vegetables.
- No specific dressing recipe is included, which is crucial for flavor and nutrient absorption in a salad.
[DIETITIAN REVIEW]
This Grilled Paneer Salad is a solid choice for a light yet satisfying meal, offering a robust protein component from paneer and healthy fats from olive oil. The addition of greens contributes valuable fiber and vitamins. While simple, it forms a good base for a healthy diet, though enhancing it with more diverse vegetables and a well-balanced dressing could further elevate its nutritional value. Score: 8/10

Ingredients

Ingredient	Quantity

No ingredients added.

Preparation

No preparation steps added.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
280	18.5	12.3	15	3.5	4.2