



Apple-Mint Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



66 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 boston lettuce leaves rinsed
- ☐ 2 granny smith apples (1 lb. total)
- ☐ 6 tablespoons juice of lemon
- ☐ 8 servings mint sprigs fresh
- ☐ 0.3 cup slivered mint leaves fresh finely
- ☐ 0.3 cup orange juice
- ☐ 2 tablespoons salad oil
- ☐ 8 servings salt

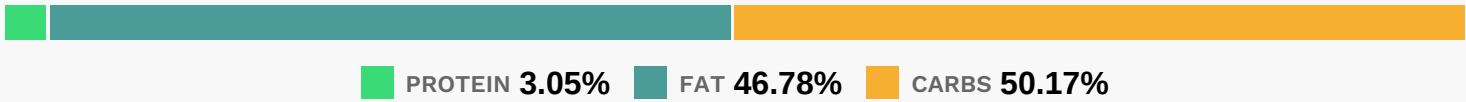
Equipment

- ☐ bowl
- ☐ colander

Directions

- ☐ In a 4- to 5-quart bowl, mix lemon juice with 1 quart water. Rinse apples, cut in half, and core; thinly slice lengthwise, then cut slices into matchstick-size slivers. As apples are cut, immerse in lemon water.
- ☐ Drain apples thoroughly in a colander; return to bowl.
- ☐ Add orange juice and oil, and mix gently.
- ☐ Just before serving, add mint leaves.
- ☐ Mix gently and add salt to taste.
- ☐ Place a lettuce leaf on each of 8 salad plates. Spoon apple salad equally onto lettuce leaves; garnish with mint sprigs.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:2.21, Inflammation Score:-5, Nutrition Score:3.880869573873%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 3.15mg, Hesperetin: 3.15mg, Hesperetin: 3.15mg, Hesperetin: 3.15mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 65.69kcal (3.28%), Fat: 3.68g (5.67%), Saturated Fat: 0.29g (1.8%), Carbohydrates: 8.89g (2.96%), Net Carbohydrates: 7.35g (2.67%), Sugar: 6.02g (6.69%), Cholesterol: 0mg (0%), Sodium: 196.1mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.08%), Vitamin K: 18.85µg (17.95%), Vitamin C: 13.08mg (15.86%), Vitamin A: 664.84IU (13.3%), Fiber: 1.54g (6.17%), Folate: 20.94µg (5.24%), Vitamin E: 0.74mg (4.95%), Manganese: 0.08mg (3.99%), Potassium: 133.04mg (3.8%), Iron: 0.42mg (2.32%), Vitamin B6: 0.04mg (2.2%), Magnesium: 8.34mg (2.09%), Vitamin B1: 0.03mg (2.04%), Vitamin B2: 0.03mg (1.97%), Calcium: 16.9mg (1.69%), Copper: 0.03mg (1.53%), Phosphorus: 14.71mg (1.47%)