



Bibb Lettuce, Parsley, and Mint Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



91 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups boston lettuce
- ☐ 0.5 cucumber seedless halved lengthwise thinly sliced
- ☐ 1.3 cups flat parsley packed
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.7 cup mint leaves packed
- ☐ 2 tablespoons olive oil extra virgin extra-virgin

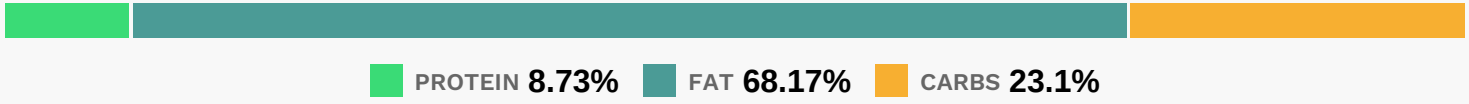
Equipment

- ☐ whisk

Directions

☐ Whisk together lemon juice, oils, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Toss lettuce, herbs, and cucumber with just enough dressing to coat.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.19, Inflammation Score:-10, Nutrition Score:15.941739126392%

Flavonoids

Eriodictyol: 2.5mg, Eriodictyol: 2.5mg, Eriodictyol: 2.5mg, Eriodictyol: 2.5mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 43.5mg, Apigenin: 43.5mg, Apigenin: 43.5mg, Apigenin: 43.5mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 2.97mg, Myricetin: 2.97mg, Myricetin: 2.97mg, Myricetin: 2.97mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 90.53kcal (4.53%), Fat: 7.44g (11.45%), Saturated Fat: 1.05g (6.55%), Carbohydrates: 5.68g (1.89%), Net Carbohydrates: 3.39g (1.23%), Sugar: 1.6g (1.77%), Cholesterol: 0mg (0%), Sodium: 18.2mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.29%), Vitamin K: 415.09µg (395.32%), Vitamin A: 4527IU (90.54%), Vitamin C: 34.26mg (41.53%), Folate: 97.07µg (24.27%), Iron: 2.7mg (14.99%), Manganese: 0.28mg (14.23%), Potassium: 391.03mg (11.17%), Fiber: 2.28g (9.14%), Vitamin E: 1.31mg (8.73%), Calcium: 78.37mg (7.84%), Magnesium: 30.85mg (7.71%), Vitamin B2: 0.1mg (5.82%), Vitamin B6: 0.11mg (5.3%), Vitamin B1: 0.08mg (5.14%), Phosphorus: 51.13mg (5.11%), Copper: 0.08mg (4.12%), Zinc: 0.52mg (3.49%), Vitamin B3: 0.7mg (3.49%), Vitamin B5: 0.32mg (3.2%)