



Big-as-an-Ice Burg Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



81 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup cilantro leaves
- ☐ 1 large head iceberg lettuce quartered
- ☐ 1 juice of lime juiced
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 3 tablespoons onion red chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 teaspoon salt

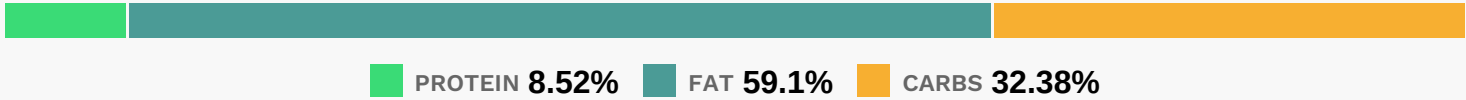
Equipment

☐ food processor

Directions

- ☐ In a food processor, combine onion, cilantro, lime juice and vinegar. Turn processor on and stream in oil from the chute.
- ☐ Add salt. When the dressing is smooth, green, emulsified in appearance, turn off processor.
- ☐ Place quarters of iceberg lettuce on a serving platter or on individual salad plates.
- ☐ Pour dressing over "ice burls" and serve.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:1.23, Inflammation Score:-7, Nutrition Score:7.5495652206566%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

Nutrients (% of daily need)

Calories: 80.77kcal (4.04%), Fat: 5.68g (8.74%), Saturated Fat: 0.78g (4.89%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 4.55g (1.65%), Sugar: 4.17g (4.64%), Cholesterol: 0mg (0%), Sodium: 602.02mg (26.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.69%), Vitamin K: 52.95µg (50.43%), Vitamin A: 1041.4IU (20.83%), Folate: 57.74µg (14.43%), Manganese: 0.26mg (12.88%), Vitamin C: 8.49mg (10.29%), Fiber: 2.46g (9.84%), Potassium: 295.91mg (8.45%), Vitamin E: 1.17mg (7.79%), Vitamin B1: 0.08mg (5.57%), Iron: 0.89mg (4.94%), Vitamin B6: 0.09mg (4.66%), Phosphorus: 42.22mg (4.22%), Calcium: 38.51mg (3.85%), Magnesium: 15.22mg (3.81%), Vitamin B2: 0.05mg (3.09%), Copper: 0.06mg (2.82%), Zinc: 0.31mg (2.08%), Vitamin B5: 0.2mg (1.98%), Vitamin B3: 0.27mg (1.33%)