



WHATSheATE



Bird's Nest Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



626 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup alfalfa sprouts
- ☐ 1 eggs
- ☐ 0.3 cup honey-glazed almonds
- ☐ 0.3 cup ranch salad dressing to taste
- ☐ 0.3 cup bell pepper red sliced
- ☐ 3 cups romaine lettuce leaves
- ☐ 2 tablespoons onion white minced

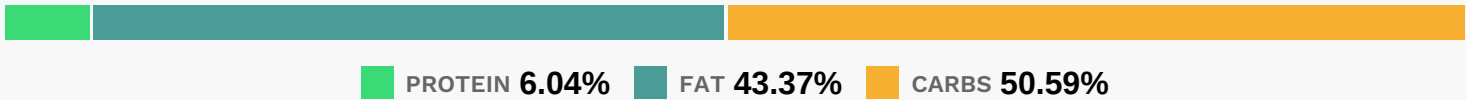
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place the egg into a saucepan, and fill with water to cover the egg by 1 inch. Cover the saucepan and bring the water to a boil over high heat. Once the water is boiling, remove from the heat and let the egg stand in the hot water for 15 minutes.
- ☐ Pour out the hot water, then cool the egg under cold running water in the sink. Peel and slice once cold.
- ☐ Place the lettuce into a salad bowl, and sprinkle evenly with the bell pepper and onion; pour the dressing over top. Pull the sprouts apart , then place on top of the salad into a nest-like shape. Season the egg slices with salt and pepper to taste, and arrange in the center of the nest with the honey-glazed almonds.

Nutrition Facts



Properties

Glycemic Index:111.27, Glycemic Load:37.3, Inflammation Score:-10, Nutrition Score:26.549565170122%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg

Nutrients (% of daily need)

Calories: 625.91kcal (31.3%), Fat: 31.61g (48.63%), Saturated Fat: 5.66g (35.35%), Carbohydrates: 82.96g (27.65%), Net Carbohydrates: 78.24g (28.45%), Sugar: 76.7g (85.22%), Cholesterol: 179.28mg (59.76%), Sodium: 621.53mg (27.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.9g (19.8%), Vitamin A: 13746.56IU (274.93%), Vitamin K: 234.51µg (223.34%), Vitamin C: 57.25mg (69.4%), Folate: 246.38µg (61.59%), Phosphorus: 277.22mg (27.72%), Vitamin B2: 0.45mg (26.36%), Selenium: 17.14µg (24.48%), Manganese: 0.44mg (21.9%), Fiber: 4.72g (18.89%), Vitamin B6: 0.36mg (17.91%), Potassium: 618.81mg (17.68%), Iron: 3.11mg (17.3%), Vitamin E: 2.57mg (17.17%), Vitamin B5: 1.69mg (16.93%), Vitamin B1: 0.18mg (11.75%), Calcium: 108.18mg (10.82%), Magnesium: 42.87mg (10.72%), Zinc: 1.54mg (10.23%), Copper: 0.19mg (9.71%), Vitamin B12: 0.49µg (8.23%), Vitamin D: 0.94µg (6.27%), Vitamin B3: 1.12mg (5.58%)