



## Butter Lettuce and Cilantro Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



74 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 lb bite-size pieces and crisped butter lettuce rinsed
- 1.5 cups cherry tomatoes stemmed rinsed halved
- 0.3 cup cilantro leaves fresh chopped
- 1 clove garlic minced pressed peeled
- 2 tablespoons juice of lemon
- 0.3 cup olive oil extra-virgin
- 8 servings salt and pepper

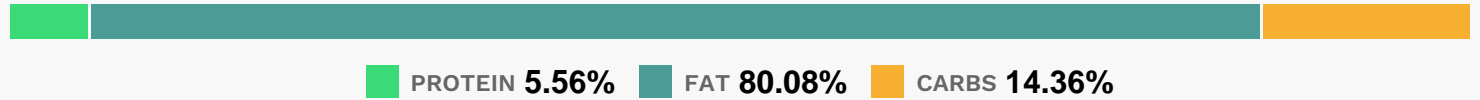
### Equipment

bowl

## Directions

- In a large bowl, mix oil, lemon juice, and garlic.
- Add lettuce, tomatoes, and cilantro; mix salad gently.
- Add salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:7.75, Glycemic Load:0.04, Inflammation Score:-8, Nutrition Score:7.8573913574219%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

## Nutrients (% of daily need)

Calories: 73.61kcal (3.68%), Fat: 6.92g (10.65%), Saturated Fat: 0.95g (5.96%), Carbohydrates: 2.79g (0.93%), Net Carbohydrates: 1.93g (0.7%), Sugar: 1.33g (1.48%), Cholesterol: 0mg (0%), Sodium: 200.24mg (8.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.16%), Vitamin K: 64.92µg (61.83%), Vitamin A: 2059.73IU (41.19%), Vitamin C: 10.22mg (12.38%), Folate: 46.2µg (11.55%), Vitamin E: 1.25mg (8.35%), Manganese: 0.14mg (7.04%), Potassium: 204.79mg (5.85%), Iron: 0.95mg (5.3%), Vitamin B6: 0.08mg (3.8%), Fiber: 0.86g (3.43%), Vitamin B1: 0.04mg (2.96%), Phosphorus: 27.73mg (2.77%), Magnesium: 10.38mg (2.6%), Vitamin B2: 0.04mg (2.55%), Calcium: 24.46mg (2.45%), Vitamin B3: 0.36mg (1.82%), Copper: 0.03mg (1.67%), Vitamin B5: 0.13mg (1.32%), Zinc: 0.16mg (1.08%)