

Chilli green salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



41 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 tbsp chilli sauce sweet



1 tsp soya sauce



1 juice of lime



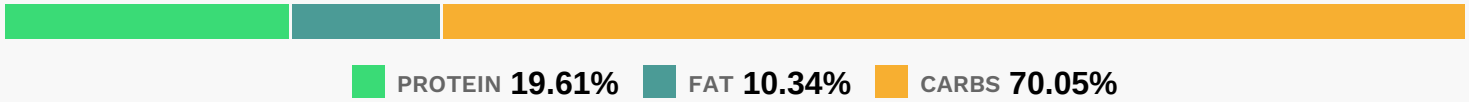
145 g arugula

Equipment

Directions

- ☐
- Mix together the sweet chilli sauce, soy sauce, zest and lime juice.
- ☐
- Toss together with a bag of spinach, rocket and watercress salad and serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.5, Inflammation Score:-8, Nutrition Score:9.9004347583522%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 3.12mg, Isorhamnetin: 3.12mg, Isorhamnetin: 3.12mg, Isorhamnetin: 3.12mg Kaempferol: 25.3mg, Kaempferol: 25.3mg, Kaempferol: 25.3mg, Kaempferol: 25.3mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

Nutrients (% of daily need)

Calories: 41.19kcal (2.06%), Fat: 0.54g (0.84%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 8.28g (2.76%), Net Carbohydrates: 6.98g (2.54%), Sugar: 5.85g (6.5%), Cholesterol: 0mg (0%), Sodium: 272.45mg (11.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.63%), Vitamin K: 79.11µg (75.35%), Vitamin A: 1727.93IU (34.56%), Vitamin C: 15.38mg (18.64%), Folate: 72.36µg (18.09%), Manganese: 0.25mg (12.52%), Calcium: 118.7mg (11.87%), Magnesium: 36.47mg (9.12%), Potassium: 291.43mg (8.33%), Iron: 1.14mg (6.35%), Fiber: 1.29g (5.18%), Phosphorus: 43.7mg (4.37%), Vitamin B2: 0.07mg (4.07%), Vitamin B5: 0.35mg (3.47%), Vitamin B6: 0.06mg (3.23%), Copper: 0.06mg (3.16%), Vitamin B1: 0.04mg (2.49%), Zinc: 0.37mg (2.44%), Vitamin E: 0.34mg (2.3%), Vitamin B3: 0.36mg (1.8%)