



 **77%**  
HEALTH SCORE

## Chopped Salad with Lime-Cilantro Vinaigrette

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



6

CALORIES



227 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 head lettuce chopped
- 1 bunch pkt spinach fresh chopped
- 0.5 cup carrots chopped
- 0.5 cup radishes sliced
- 2 cranberry-orange relish peeled chopped
- 0.3 cup pecans toasted chopped
- 1 cup cilantro leaves fresh
- 0.5 cup juice of lime

- 0.5 cup orange juice
- 0.3 cup olive oil
- 1 clove garlic finely chopped
- 2 tablespoons honey
- 0.5 teaspoon salt
- 0.3 teaspoon pepper

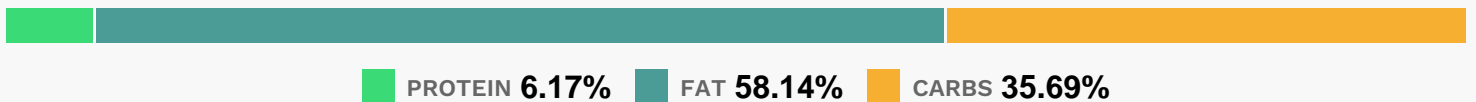
## Equipment

- bowl
- blender

## Directions

- In large bowl, toss all salad ingredients, or arrange lettuce and spinach on serving platter and layer carrots, radishes, oranges and pecans on top.
- In blender, place all vinaigrette ingredients. Cover; blend on high speed until smooth.
- Drizzle over salad or serve on the side.

## Nutrition Facts



## Properties

Glycemic Index:65.6, Glycemic Load:7.09, Inflammation Score:-10, Nutrition Score:23.03478265327%

## Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg Hesperetin: 16.18mg, Hesperetin: 16.18mg, Hesperetin: 16.18mg, Hesperetin: 16.18mg Naringenin: 7.21mg, Naringenin: 7.21mg, Naringenin: 7.21mg, Naringenin: 7.21mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg

Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 3.92mg, Kaempferol: 3.92mg, Kaempferol: 3.92mg, Kaempferol: 3.92mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg

## **Nutrients (% of daily need)**

Calories: 226.71kcal (11.34%), Fat: 15.78g (24.28%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 21.79g (7.26%), Net Carbohydrates: 17.29g (6.29%), Sugar: 14.81g (16.45%), Cholesterol: 0mg (0%), Sodium: 261.13mg (11.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Vitamin K: 312.82µg (297.92%), Vitamin A: 7879.9IU (157.6%), Vitamin C: 61.07mg (74.03%), Manganese: 0.9mg (45.04%), Folate: 164.57µg (41.14%), Vitamin E: 3.37mg (22.49%), Potassium: 682.91mg (19.51%), Fiber: 4.5g (18.02%), Magnesium: 68.16mg (17.04%), Iron: 2.35mg (13.05%), Vitamin B1: 0.18mg (12.25%), Vitamin B6: 0.23mg (11.68%), Calcium: 107.67mg (10.77%), Vitamin B2: 0.18mg (10.58%), Copper: 0.21mg (10.29%), Phosphorus: 78.89mg (7.89%), Zinc: 0.79mg (5.24%), Vitamin B3: 0.98mg (4.9%), Vitamin B5: 0.4mg (4%), Selenium: 1.31µg (1.88%)