

food
network

 **100%**
HEALTH SCORE

Crunch Salad



Vegetarian



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



180 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 handfuls alfalfa and broccoli sprouts
- ☐ 1 bunch baby carrots sliced
- ☐ 2 baby courgettes sliced (zucchini)
- ☐ 1 head celery halved finely sliced
- ☐ 2 chicory shredded red cut in 1/2 then finely
- ☐ 4 tablespoons crème fraîche
- ☐ 4 servings ice mixed
- ☐ 0.5 fennel bulb halved sliced finely

- ☐ 1 bunch mint leaves fresh leaves picked
- ☐ 2 handfuls mung bean sprouts
- ☐ 2 tablespoons mustard french
- ☐ 1 tablespoon olive oil
- ☐ 1 bunch breakfast radishes french sliced
- ☐ 4 servings sea salt and pepper black freshly ground
- ☐ 2 handfuls sunflower salad shoots
- ☐ 2 tablespoons citrus champagne vinegar

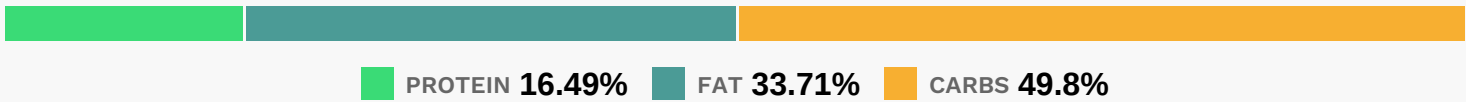
Equipment

- ☐ bowl

Directions

- ☐ Mix all the vegetables together in a bowl. Now make your dressing by mixing all the ingredients together and toss the dressing with the salad.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:0.93, Inflammation Score:-10, Nutrition Score:34.365217070217%

Flavonoids

Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 22.86mg, Kaempferol: 22.86mg, Kaempferol: 22.86mg, Kaempferol: 22.86mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 179.97kcal (9%), Fat: 7.42g (11.41%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 24.65g (8.22%), Net Carbohydrates: 11.63g (4.23%), Sugar: 8.11g (9.02%), Cholesterol: 7.08mg (2.36%), Sodium: 436.57mg (18.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.16g (16.33%), Vitamin K: 559.43µg (532.79%), Vitamin A:

21117.61IU (422.35%), Folate: 392.81µg (98.2%), Manganese: 1.44mg (72.15%), Vitamin C: 58.8mg (71.27%), Fiber: 13.02g (52.06%), Potassium: 1639.65mg (46.85%), Vitamin B5: 3.09mg (30.89%), Copper: 0.49mg (24.68%), Iron: 4.23mg (23.53%), Magnesium: 91.93mg (22.98%), Phosphorus: 228.08mg (22.81%), Calcium: 216.25mg (21.63%), Zinc: 3.1mg (20.64%), Vitamin B1: 0.28mg (18.54%), Vitamin B2: 0.31mg (18.21%), Vitamin B6: 0.34mg (17.24%), Vitamin B3: 2.59mg (12.93%), Vitamin E: 1.74mg (11.61%), Selenium: 2.63µg (3.76%)