



Crunchy Chopped Salad

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

72 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons almonds toasted sliced
- ☐ 0.3 cup cider vinegar
- ☐ 2 cups cucumber chopped
- ☐ 1 cup green onions chopped
- ☐ 1 tablespoon olive oil
- ☐ 2 cups plum tomatoes chopped
- ☐ 6 cups romaine lettuce chopped
- ☐ 0.8 teaspoon salt

☐

1.5 tablespoons sugar

Equipment

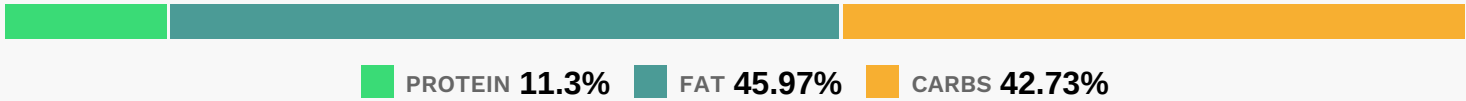
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whisk

Directions

- ☐ Combine 6 cups chopped romaine lettuce, 2 cups chopped cucumber, 2 cups sugar snap peas (sliced in half crosswise), 2 cups chopped plum tomato, and 1 cup chopped green onions.
- ☐ Combine 1/4 cup cider vinegar, 1 1/2 tablespoons sugar, 1 tablespoon olive oil, and 3/4 teaspoon salt; stir with a whisk.
- ☐ Drizzle over salad; toss gently to coat.
- ☐ Sprinkle with 3 tablespoons toasted sliced almonds.

Nutrition Facts



Properties

Glycemic Index:25.64, Glycemic Load:2.5, Inflammation Score:-10, Nutrition Score:11.79826109824%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 72.04kcal (3.6%), Fat: 3.93g (6.05%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 8.22g (2.74%), Net Carbohydrates: 5.74g (2.09%), Sugar: 5.16g (5.74%), Cholesterol: 0mg (0%), Sodium: 226.92mg (9.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.35%), Vitamin A: 3711.57IU (74.23%), Vitamin K: 70.13µg (66.79%), Folate: 71.12µg (17.78%), Vitamin C: 12.93mg (15.67%), Manganese: 0.27mg (13.56%), Vitamin E: 1.66mg (11.04%),

Fiber: 2.48g (9.91%), Potassium: 340.01mg (9.71%), Magnesium: 28.44mg (7.11%), Copper: 0.13mg (6.27%), Vitamin B2: 0.1mg (5.67%), Phosphorus: 55.01mg (5.5%), Vitamin B6: 0.1mg (5.16%), Iron: 0.93mg (5.15%), Vitamin B1: 0.07mg (4.81%), Calcium: 41.99mg (4.2%), Vitamin B3: 0.68mg (3.38%), Zinc: 0.41mg (2.72%), Vitamin B5: 0.21mg (2.09%)