



HEALTH SCORE

100%

Crunchy detox salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



308 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



250 g broccoli cut into small florets



100 g apricot dried cut into strips



300 g cabbage shredded red finely



400 g garbanzo beans rinsed drained canned



50 g sunflower seeds



1 small onion red finely sliced



1 piece ginger grated



1 orange juice

- ☐ 1 tbsp balsamic vinegar
- ☐ 2 tsp olive oil

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Blanch the broccoli in a pan of boiling water for 1 min.
- ☐ Drain and quickly cool under cold running water, then pat dry with kitchen paper. Put in a bowl with the apricots, broccoli, red cabbage, chickpeas and sunflower seeds.
- ☐ Put the onion and ginger in a bowl with the orange juice, vinegar and oil.
- ☐ Mix well. Leave for 5 mins to soften the onion, then add to the salad and thoroughly toss everything together.

Nutrition Facts



Properties

Glycemic Index:75.43, Glycemic Load:12.39, Inflammation Score:-10, Nutrition Score:30.533913239189%

Flavonoids

Cyanidin: 157.37mg, Cyanidin: 157.37mg, Cyanidin: 157.37mg, Cyanidin: 157.37mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.08mg, Kaempferol: 5.08mg, Kaempferol: 5.08mg, Kaempferol: 5.08mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg

Nutrients (% of daily need)

Calories: 308.31kcal (15.42%), Fat: 11.18g (17.2%), Saturated Fat: 1.18g (7.38%), Carbohydrates: 46.44g (15.48%), Net Carbohydrates: 35.41g (12.87%), Sugar: 20.67g (22.96%), Cholesterol: 0mg (0%), Sodium: 324.94mg (14.13%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.66g (23.32%), Vitamin C: 108.65mg (131.69%), Vitamin K: 94.66µg (90.15%), Manganese: 1.48mg (74.04%), Vitamin B6: 0.98mg (49.24%), Fiber: 11.03g (44.13%), Vitamin A: 2179.18IU (43.58%), Vitamin E: 6.39mg (42.59%), Folate: 118.67µg (29.67%), Potassium: 976.29mg (27.89%), Magnesium: 106.38mg (26.6%), Copper: 0.53mg (26.47%), Phosphorus: 255.88mg (25.59%), Vitamin B1: 0.34mg (22.65%), Iron: 3.75mg (20.82%), Selenium: 11.35µg (16.22%), Vitamin B3: 2.64mg (13.19%), Calcium: 130.98mg (13.1%), Vitamin B2: 0.22mg (12.66%), Zinc: 1.9mg (12.65%), Vitamin B5: 1.1mg (11.04%)