



Crunchy Garden Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



146 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups arugula
- 1 large cucumber thinly sliced
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup mint leaves fresh chopped
- 0.3 cup juice of lime (from 2 limes)
- 0.3 cup olive oil
- 8 ounces radishes thinly sliced
- 4 servings salt and pepper black freshly ground

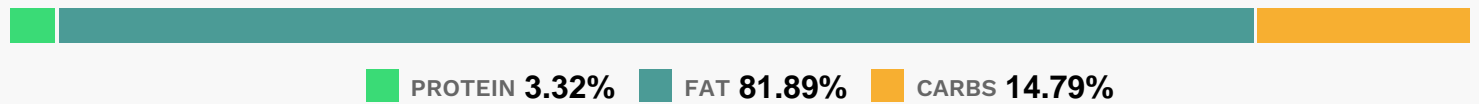
Equipment

- bowl
- whisk

Directions

- Combine the sliced radishes, sliced cucumber, mint and cilantro in a medium bowl.
- Whisk together the lime juice, olive oil, and salt and pepper, to taste, until well combined.
- Pour the dressing on top of the salad and toss to combine.
- Place arugula on a serving dish and top with tossed salad.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:0.56, Inflammation Score:-5, Nutrition Score:6.4878260804259%

Flavonoids

Pelargonidin: 35.79mg, Pelargonidin: 35.79mg, Pelargonidin: 35.79mg, Pelargonidin: 35.79mg Eriodictyol: 1.2mg, Eriodictyol: 1.2mg, Eriodictyol: 1.2mg, Eriodictyol: 1.2mg Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.98mg, Kaempferol: 3.98mg, Kaempferol: 3.98mg, Kaempferol: 3.98mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 145.54kcal (7.28%), Fat: 13.78g (21.2%), Saturated Fat: 1.91g (11.93%), Carbohydrates: 5.6g (1.87%), Net Carbohydrates: 3.7g (1.35%), Sugar: 2.49g (2.77%), Cholesterol: 0mg (0%), Sodium: 28.14mg (1.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.51%), Vitamin K: 28.16µg (26.82%), Vitamin C: 17.83mg (21.62%), Vitamin E: 2.07mg (13.78%), Folate: 39.03µg (9.76%), Vitamin A: 486.73IU (9.73%), Manganese: 0.18mg (8.76%), Potassium: 304.58mg (8.7%), Fiber: 1.9g (7.58%), Magnesium: 22.66mg (5.67%), Copper: 0.1mg (5.13%), Calcium: 50.17mg (5.02%), Vitamin B6: 0.09mg (4.72%), Iron: 0.75mg (4.18%), Phosphorus: 36.05mg (3.6%), Vitamin B2: 0.06mg (3.52%), Vitamin B5: 0.34mg (3.4%), Vitamin B1: 0.04mg (2.65%), Zinc: 0.37mg (2.5%), Vitamin B3: 0.28mg

(1.41%)