



Crunchy Summer Salad with Jalapeno Ranch Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



99 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 large carrots peeled cut into matchstick pieces
- 2 stalks celery cut into matchstick pieces
- 8 cherry tomatoes quartered
- 0.3 cup cilantro leaves
- 1 medium jicama peeled cut into matchstick pieces
- 3 cups torn lettuce
- 2 Tbsp juice of lime

- 3 jalapeño peppers fresh halved seeded
- 0.5 cup lite ranch dressing kraft
- 1 Tbsp sesame seed toasted

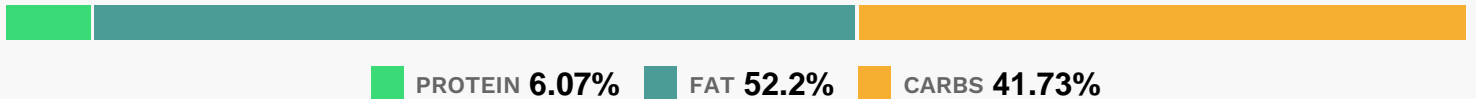
Equipment

- food processor
- bowl
- blender

Directions

- Place dressing, jalapeno peppers, cilantro and lime juice in blender or food processor container; cover. Process until smooth.
- Toss jicama, carrots, celery and tomatoes in large bowl.
- Add dressing mixture; mix lightly.
- Cover large platter with lettuce; top with vegetable mixture.
- Sprinkle with sesame seed.

Nutrition Facts



Properties

Glycemic Index:20.28, Glycemic Load:0.92, Inflammation Score:-8, Nutrition Score:9.3952173895162%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 1.78mg, Luteolin: 1.78mg, Luteolin: 1.78mg, Luteolin: 1.78mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 99.32kcal (4.97%), Fat: 5.99g (9.21%), Saturated Fat: 0.94g (5.9%), Carbohydrates: 10.77g (3.59%), Net Carbohydrates: 6.12g (2.23%), Sugar: 3.88g (4.31%), Cholesterol: 3.12mg (1.04%), Sodium: 127.19mg (5.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.13%), Vitamin C: 47.4mg (57.46%), Vitamin A: 1592.75IU (31.86%), Vitamin K: 29.06µg (27.67%), Fiber: 4.65g (18.6%), Manganese: 0.17mg (8.62%), Potassium: 282.76mg (8.08%), Vitamin B6: 0.16mg (7.79%), Folate: 25.66µg (6.41%), Vitamin E: 0.9mg (6.03%), Phosphorus: 60.16mg (6.02%), Copper: 0.12mg (5.88%), Iron: 0.91mg (5.07%), Magnesium: 20.06mg (5.02%), Vitamin B1: 0.06mg (4.24%), Vitamin B2: 0.06mg (3.53%), Calcium: 35.26mg (3.53%), Vitamin B5: 0.3mg (3.03%), Vitamin B3: 0.55mg (2.77%), Zinc: 0.33mg (2.17%), Selenium: 1.33µg (1.89%)