



 **51%**
HEALTH SCORE

Cucumber and Bibb Lettuce Salad with Creamy Horseradish Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



23 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 7 cups boston lettuce dried washed
- 4 servings pepper black freshly ground
- 1 medium cucumber english thinly sliced
- 4 servings kosher salt

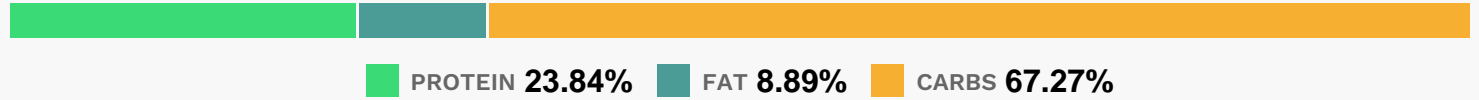
Equipment

- bowl

Directions

- Place the lettuce and cucumber in a large bowl and toss until combined.
- Drizzle the dressing over the salad and gently toss until evenly coated. Taste and season with salt and pepper as needed.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-9, Nutrition Score:11.066087074902%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 22.88kcal (1.14%), Fat: 0.28g (0.43%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 4.74g (1.58%), Net Carbohydrates: 3.37g (1.23%), Sugar: 2.08g (2.31%), Cholesterol: 0mg (0%), Sodium: 199.68mg (8.68%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Vitamin K: 101.98µg (97.12%), Vitamin A: 2977.3IU (59.55%), Folate: 69.14µg (17.29%), Manganese: 0.23mg (11.46%), Potassium: 319.87mg (9.14%), Iron: 1.31mg (7.26%), Vitamin C: 5.34mg (6.47%), Fiber: 1.36g (5.45%), Magnesium: 21.3mg (5.33%), Vitamin B6: 0.1mg (5.1%), Phosphorus: 47.03mg (4.7%), Vitamin B1: 0.07mg (4.68%), Vitamin B2: 0.08mg (4.66%), Calcium: 43.19mg (4.32%), Vitamin B5: 0.33mg (3.27%), Copper: 0.05mg (2.31%), Zinc: 0.33mg (2.18%), Vitamin B3: 0.39mg (1.94%), Vitamin E: 0.18mg (1.21%), Selenium: 0.76µg (1.08%)