



Early harvest-time salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



317 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tbsp verjuice
- ☐ 2 tbsp olive oil
- ☐ 50 g pack of duck breast smoked
- ☐ 100 g half bag of rocket
- ☐ 1 small bunch grapes seedless
- ☐ 1 handful walnuts toasted

Equipment

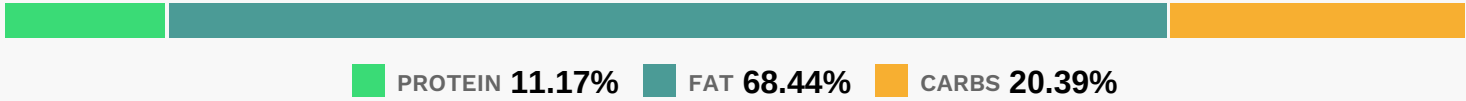
- ☐ bowl

whisk

Directions

Whisk together the verjuice and olive oil, then season lightly. Toss with everything else in a bowl, then serve.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:5.52, Inflammation Score:-8, Nutrition Score:17.151738996091%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 17.44mg, Kaempferol: 17.44mg, Kaempferol: 17.44mg, Kaempferol: 17.44mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 316.53kcal (15.83%), Fat: 25.78g (39.66%), Saturated Fat: 3.25g (20.33%), Carbohydrates: 17.28g (5.76%), Net Carbohydrates: 14.91g (5.42%), Sugar: 12.68g (14.09%), Cholesterol: 19.25mg (6.42%), Sodium: 30.64mg (1.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.47g (18.94%), Vitamin K: 72.53µg (69.08%), Vitamin B12: 3.25µg (54.17%), Manganese: 0.72mg (35.87%), Vitamin A: 1244.33IU (24.89%), Copper: 0.43mg (21.58%), Folate: 65.96µg (16.49%), Vitamin E: 2.46mg (16.37%), Vitamin B6: 0.32mg (16.06%), Vitamin B1: 0.22mg (14.44%), Iron: 2.6mg (14.43%), Magnesium: 57.11mg (14.28%), Phosphorus: 137mg (13.7%), Vitamin C: 11.26mg (13.65%), Potassium: 438.12mg (12.52%), Vitamin B2: 0.18mg (10.86%), Calcium: 101.89mg (10.19%), Fiber: 2.37g (9.49%), Selenium: 5.95µg (8.5%), Vitamin B3: 1.29mg (6.44%), Zinc: 0.92mg (6.12%), Vitamin B5: 0.54mg (5.36%)