



Ensalada Verde con Aderezo de Cilantro y Recao (Green Salad with Culantro and Cilantro Dressing)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



52 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 cup matchstick-cut carrots



1 cup cucumber



2 tablespoons olive oil extravirgin



2 tablespoons cilantro leaves fresh minced



2 garlic cloves minced



5 cups torn iceberg lettuce

- ☐ 5 cups torn romaine lettuce
- ☐ 1.5 teaspoons salt
- ☐ 4 cups tomatoes chopped
- ☐ 1 tablespoon culantro finely chopped

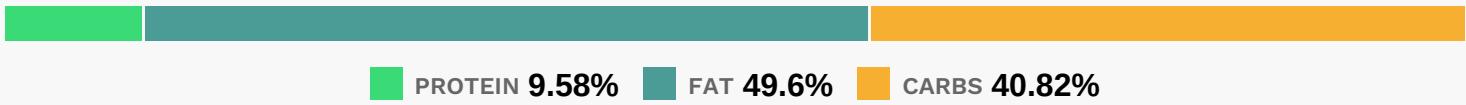
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare dressing, combine first 5 ingredients, stirring with a whisk.
- ☐ To prepare salad, combine remaining ingredients in a large bowl.
- ☐ Add dressing; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:17.9, Glycemic Load:0.9, Inflammation Score:-10, Nutrition Score:9.8726085476253%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 51.51kcal (2.58%), Fat: 3.08g (4.74%), Saturated Fat: 0.42g (2.65%), Carbohydrates: 5.71g (1.9%), Net Carbohydrates: 3.58g (1.3%), Sugar: 3.36g (3.73%), Cholesterol: 0mg (0%), Sodium: 367.75mg (15.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.68%), Vitamin A: 4506.89IU (90.14%), Vitamin K: 41.7µg (39.71%), Folate: 56.75µg (14.19%), Vitamin C: 11.09mg (13.44%), Manganese: 0.19mg (9.49%), Potassium: 301.61mg (8.62%), Fiber: 2.12g (8.48%), Vitamin E: 0.83mg (5.52%), Vitamin B6: 0.11mg (5.4%), Vitamin B1: 0.06mg (4.2%), Copper: 0.08mg (4%), Iron: 0.71mg (3.95%), Magnesium: 15.43mg (3.86%), Phosphorus: 35.91mg (3.59%), Vitamin B3:

0.55mg (2.77%), Calcium: 27.56mg (2.76%), Vitamin B2: 0.04mg (2.64%), Vitamin B5: 0.21mg (2.07%), Zinc: 0.26mg (1.75%)