



food
network

Four Star Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



140 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 1 juice of lemon juiced
- ☐ 0.3 cup mint leaves generous finely chopped
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 pears red thinly sliced
- ☐ 0.5 onion red thinly sliced
- ☐ 2 hearts romaine chopped
- ☐ 4 servings salt and pepper

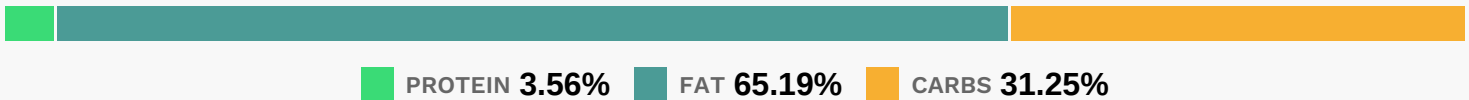
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Place the lemon juice in the bottom of a bowl and whisk in extra-virgin olive oil.
- ☐ Add lettuce, onions, pear, thyme and mint to the bowl and toss. Season the salad with salt and pepper, toss again, taste to adjust seasonings and serve.

Nutrition Facts



Properties

Glycemic Index:27.19, Glycemic Load:2.43, Inflammation Score:-10, Nutrition Score:12.688695612161%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 1.98mg, Luteolin: 1.98mg, Luteolin: 1.98mg, Luteolin: 1.98mg Isorhamnetin: 0.82mg, Isorhamnetin: 0.82mg, Isorhamnetin: 0.82mg, Isorhamnetin: 0.82mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg

Nutrients (% of daily need)

Calories: 140.44kcal (7.02%), Fat: 10.85g (16.69%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 11.7g (3.9%), Net Carbohydrates: 8.16g (2.97%), Sugar: 5.78g (6.43%), Cholesterol: 0mg (0%), Sodium: 200.78mg (8.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.67%), Vitamin A: 5218.76IU (104.38%), Vitamin K: 66.25µg (63.09%), Folate: 88.85µg (22.21%), Vitamin C: 14.59mg (17.69%), Fiber: 3.54g (14.15%), Manganese: 0.22mg (11.07%), Vitamin E: 1.65mg (11.02%), Iron: 1.48mg (8.21%), Potassium: 256.44mg (7.33%), Magnesium: 20.7mg

(5.18%), Copper: 0.1mg (4.95%), Calcium: 47.5mg (4.75%), Vitamin B2: 0.08mg (4.6%), Vitamin B6: 0.09mg (4.52%),
Vitamin B1: 0.06mg (3.88%), Phosphorus: 32.64mg (3.26%), Zinc: 0.3mg (1.98%), Vitamin B3: 0.38mg (1.92%),
Vitamin B5: 0.15mg (1.53%)