



Fresh Lime and Oregano Spring Greens Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



7 min.

SERVINGS



4

CALORIES



56 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 garlic clove minced
- ☐ 5 ounce spring greens
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 1 teaspoon oregano fresh chopped
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons water

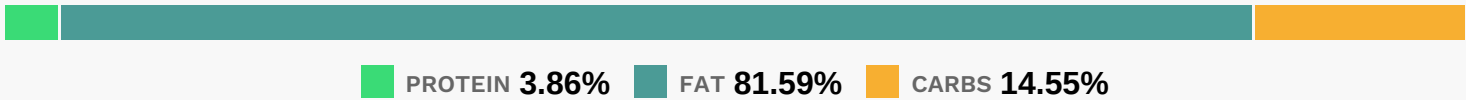
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 7 ingredients in a large bowl; stir well with a whisk.
- ☐ Add greens, and toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.09, Inflammation Score:-6, Nutrition Score:2.6086956664272%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 55.77kcal (2.79%), Fat: 5.31g (8.16%), Saturated Fat: 0.74g (4.62%), Carbohydrates: 2.13g (0.71%), Net Carbohydrates: 1.85g (0.67%), Sugar: 0.09g (0.1%), Cholesterol: 0mg (0%), Sodium: 82.72mg (3.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.13%), Vitamin C: 9.59mg (11.63%), Vitamin A: 413.69IU (8.27%), Vitamin K: 6.51µg (6.2%), Vitamin E: 0.86mg (5.72%), Manganese: 0.11mg (5.32%), Folate: 14.72µg (3.68%), Iron: 0.47mg (2.59%), Vitamin B6: 0.04mg (2.23%), Potassium: 76.38mg (2.18%), Phosphorus: 16.43mg (1.64%), Calcium: 15.35mg (1.54%), Magnesium: 6.03mg (1.51%), Copper: 0.03mg (1.35%), Vitamin B2: 0.02mg (1.29%), Vitamin B3: 0.23mg (1.15%), Fiber: 0.27g (1.1%)