



Friendly Dog Salads

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



216 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 romaine leaves
- 4 pears canned
- 2 prune- cut to pieces canned
- 2 maraschino cherries
- 4 raisins
- 8 mandarin orange segments canned

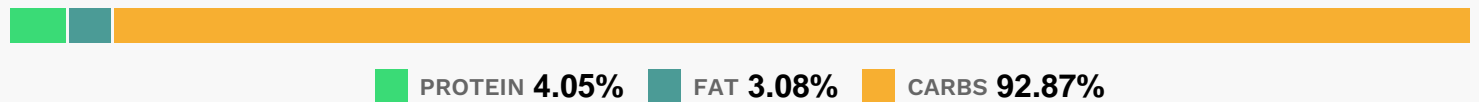
Equipment

- kitchen scissors

Directions

- Place 1 lettuce leaf on each of 4 salad plates.
- Place 1 pear half, cut side down, on each lettuce leaf.
- Cut prunes lengthwise in half with scissors and remove pits.
- Place 1 prune half on large end of each pear half for dog ear.
- Cut cherries in half with scissors.
- Place 1 cherry half on narrow end of each pear half for dog nose. Scoop out tiny hole in each pear half for dog eye.
- Place raisin in each hole.
- Add 2 orange segments to each salad for a collar.

Nutrition Facts



Properties

Glycemic Index:41.64, Glycemic Load:17.45, Inflammation Score:-9, Nutrition Score:13.593043627946%

Flavonoids

Cyanidin: 3.7mg, Cyanidin: 3.7mg, Cyanidin: 3.7mg, Cyanidin: 3.7mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Hesperetin: 13.97mg, Hesperetin: 13.97mg, Hesperetin: 13.97mg, Hesperetin: 13.97mg Naringenin: 17.64mg, Naringenin: 17.64mg, Naringenin: 17.64mg, Naringenin: 17.64mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 215.95kcal (10.8%), Fat: 0.82g (1.26%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 55.82g (18.61%), Net Carbohydrates: 46.43g (16.88%), Sugar: 39.13g (43.47%), Cholesterol: 0mg (0%), Sodium: 12.36mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.87%), Vitamin C: 59.02mg (71.54%), Vitamin A: 3060.2IU (61.2%), Fiber: 9.4g (37.58%), Potassium: 586.45mg (16.76%), Folate: 49.96µg (12.49%), Manganese: 0.24mg (12.13%), Copper: 0.24mg (11.95%), Vitamin B6: 0.22mg (11.21%), Vitamin K: 10.84µg (10.33%), Vitamin B1:

0.15mg (10.04%), Magnesium: 39mg (9.75%), Calcium: 93.42mg (9.34%), Vitamin B2: 0.14mg (8.46%), Phosphorus: 67.42mg (6.74%), Vitamin B3: 1.14mg (5.72%), Vitamin B5: 0.49mg (4.9%), Iron: 0.87mg (4.84%), Vitamin E: 0.66mg (4.4%), Zinc: 0.38mg (2.52%)