



## Garden Medley Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



75 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 cup vegetable oil
- 1 tablespoon parsley fresh chopped
- 2 tablespoons red wine vinegar
- 0.5 teaspoon caraway seeds
- 0.5 teaspoon salt
- 1 clove garlic finely chopped
- 1 medium cucumber
- 8 cups the salad

1 medium tomatoes cut into wedges

0.3 cup spring onion sliced

## Equipment

bowl

## Directions

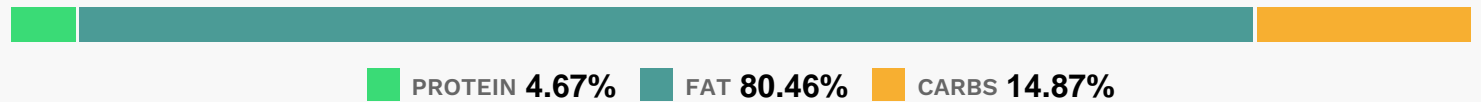
In tightly covered container, shake all vinaigrette ingredients until well blended.

Cut cucumber lengthwise in half; scrape out seeds.

Cut halves diagonally into 1/2-inch-wide pieces.

In large serving bowl, toss salad greens, tomato, cucumber, onions and vinaigrette.

## Nutrition Facts



## Properties

Glycemic Index:18.38, Glycemic Load:0.3, Inflammation Score:-5, Nutrition Score:4.5665217586186%

## Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 75.27kcal (3.76%), Fat: 6.94g (10.68%), Saturated Fat: 1.05g (6.58%), Carbohydrates: 2.89g (0.96%), Net Carbohydrates: 2.37g (0.86%), Sugar: 0.83g (0.93%), Cholesterol: 0mg (0%), Sodium: 158.18mg (6.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.81%), Vitamin K: 30.23µg (28.79%), Vitamin C: 13.6mg (16.49%), Vitamin A: 674.33IU (13.49%), Folate: 23.41µg (5.85%), Manganese: 0.11mg (5.52%), Vitamin E: 0.67mg (4.48%), Potassium: 155.49mg (4.44%), Vitamin B6: 0.06mg (3.23%), Phosphorus: 27.6mg (2.76%), Copper: 0.05mg (2.65%), Magnesium: 10.55mg (2.64%), Iron: 0.47mg (2.62%), Fiber: 0.51g (2.05%), Vitamin B2: 0.03mg (1.95%), Vitamin B1: 0.03mg (1.92%), Vitamin B3: 0.35mg (1.75%), Calcium: 15.05mg (1.5%), Vitamin B5: 0.13mg (1.29%), Zinc: 0.18mg (1.22%)