

Garden salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



155 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 lettuce such as cos or butterhead
- ☐ 1 handful other salad leaf such as watercress, rocket or mizuna
- ☐ 6 servings herbs such as chervil, tarragon, parsley, chives soft
- ☐ 1 garlic clove crushed
- ☐ 1 spring onion roughly chopped
- ☐ 1 handful parsley
- ☐ 3 sprigs watercress
- ☐ 2 tbsp citrus champagne vinegar

- ☐ 0.5 tsp dijon mustard
- ☐ 6 tbsp olive oil

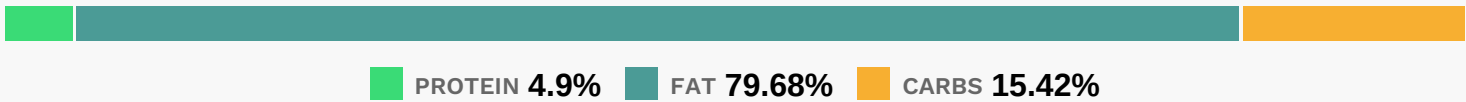
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Wash and dry the lettuce, leaves and herbs. Tear larger leaves into bite-size pieces and tip all the greenery into a large salad bowl.
- ☐ Put the garlic, onion, parsley and watercress or rocket into a mini chopper or food processor. Blitz until finely chopped.
- ☐ Add the vinegar, mustard, salt and pepper and blitz briefly.
- ☐ Add the oil and blitz until thickened.
- ☐ Drizzle over the salad and toss until the leaves are just coated. You might not need all the dressing, but it will keep in the fridge for a few days.

Nutrition Facts



Properties

Glycemic Index:43.33, Glycemic Load:1.41, Inflammation Score:-7, Nutrition Score:8.959999911632%

Flavonoids

Apigenin: 1.68mg, Apigenin: 1.68mg, Apigenin: 1.68mg, Apigenin: 1.68mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

Nutrients (% of daily need)

Calories: 154.85kcal (7.74%), Fat: 14.35g (22.08%), Saturated Fat: 1.99g (12.42%), Carbohydrates: 6.25g (2.08%), Net Carbohydrates: 3.91g (1.42%), Sugar: 3.61g (4.01%), Cholesterol: 0mg (0%), Sodium: 25.18mg (1.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.97%), Vitamin K: 70.15µg (66.81%), Vitamin A: 1072.6IU (21.45%), Manganese: 0.32mg (16.22%), Vitamin E: 2.37mg (15.8%), Folate: 57.36µg (14.34%), Fiber: 2.34g (9.36%), Vitamin C:

7.53mg (9.13%), Potassium: 301.9mg (8.63%), Iron: 1.25mg (6.95%), Vitamin B6: 0.11mg (5.48%), Vitamin B1: 0.08mg (5.39%), Calcium: 49.26mg (4.93%), Magnesium: 17.59mg (4.4%), Phosphorus: 42.6mg (4.26%), Vitamin B2: 0.06mg (3.71%), Copper: 0.06mg (2.88%), Zinc: 0.34mg (2.23%), Vitamin B5: 0.18mg (1.76%), Vitamin B3: 0.34mg (1.69%)