



Garden Salad with Creamy Lemon Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



79 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 cup carrots thinly sliced
- ☐ 6 cherry tomatoes halved
- ☐ 0.7 cup cucumber peeled seeded thinly sliced
- ☐ 0.3 cup green onions sliced
- ☐ 1.5 tablespoons juice of lemon
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 7 cups torn romaine lettuce

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream fat-free sour
- ☐ 1.5 teaspoons vegetable oil
- ☐ 1.5 teaspoons water

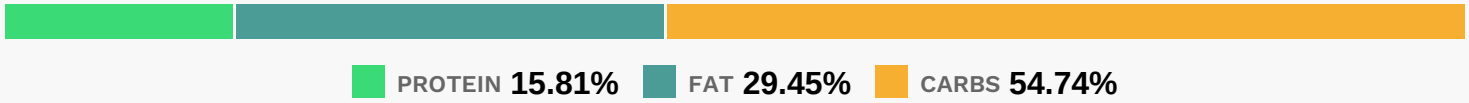
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a large bowl.
- ☐ Combine sour cream and remaining ingredients in a small bowl; stir well with a whisk. Spoon dressing over salad, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:31.46, Glycemic Load:0.69, Inflammation Score:-10, Nutrition Score:15.742608757771%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

Nutrients (% of daily need)

Calories: 78.57kcal (3.93%), Fat: 2.77g (4.26%), Saturated Fat: 0.69g (4.34%), Carbohydrates: 11.57g (3.86%), Net Carbohydrates: 8.82g (3.21%), Sugar: 3.13g (3.48%), Cholesterol: 4.76mg (1.59%), Sodium: 251.99mg (10.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.69%), Vitamin A: 10156.29IU (203.13%), Vitamin K: 109.23µg (104.03%), Folate: 131.1µg (32.77%), Vitamin C: 14.5mg (17.58%), Potassium: 411.44mg (11.76%), Fiber: 2.76g (11.03%), Manganese: 0.22mg (10.89%), Calcium: 103.13mg (10.31%), Phosphorus: 88.86mg (8.89%), Vitamin B2: 0.13mg (7.94%), Vitamin B1: 0.1mg (6.93%), Iron: 1.21mg (6.75%), Vitamin B6: 0.13mg (6.5%), Magnesium: 24.27mg (6.07%), Copper: 0.1mg (4.81%), Selenium: 2.95µg (4.22%), Zinc: 0.59mg (3.93%), Vitamin E: 0.57mg (3.78%),

Vitamin B3: 0.63mg (3.15%), Vitamin B5: 0.27mg (2.69%), Vitamin B12: 0.12µg (2%)