



Garden Salad with Honey French Dressing

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



205 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 oz cheese blue crumbled
- 2 tablespoons honey
- 0.3 cup catsup
- 0.3 cup raisins
- 6 cups red-leaf lettuce red
- 0.3 cup onion red chopped
- 3 tablespoons seasoned rice vinegar
- 2 tablespoons sunflower seeds

- 0.8 cup tomatoes chopped
- 1 tablespoon vegetable oil
- 1 tablespoon water

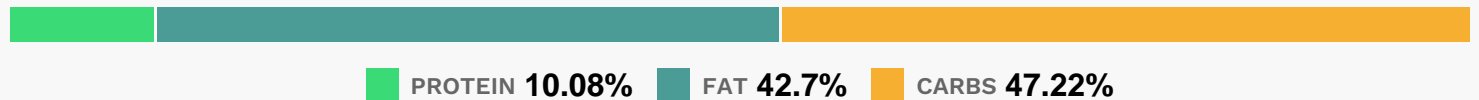
Equipment

- bowl

Directions

- In large bowl, mix all dressing ingredients until well blended.
- Add romaine, cucumber, tomato and onion; toss to mix.
- Sprinkle with raisins, sunflower nuts and cheese.
- Serve with dressing.

Nutrition Facts



Properties

Glycemic Index:68.27, Glycemic Load:9.03, Inflammation Score:-9, Nutrition Score:13.496956481882%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg

Nutrients (% of daily need)

Calories: 204.89kcal (10.24%), Fat: 10.27g (15.8%), Saturated Fat: 3.43g (21.47%), Carbohydrates: 25.55g (8.52%), Net Carbohydrates: 23.54g (8.56%), Sugar: 14.45g (16.05%), Cholesterol: 10.63mg (3.54%), Sodium: 360.54mg (15.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.91%), Vitamin A: 3592.81IU (71.86%), Vitamin K: 68.24µg (64.99%), Vitamin E: 2.58mg (17.2%), Manganese: 0.29mg (14.39%), Phosphorus: 122.12mg (12.21%), Vitamin B6: 0.22mg (10.91%), Calcium: 104.7mg (10.47%), Potassium: 364.55mg (10.42%), Folate: 39.95µg (9.99%), Vitamin B2: 0.17mg (9.76%), Vitamin C: 7.55mg (9.16%), Copper: 0.18mg (8.86%), Vitamin B1: 0.13mg (8.82%), Magnesium: 34.31mg (8.58%), Selenium: 5.72µg (8.18%), Fiber: 2.01g (8.04%), Iron: 1.26mg (7%), Vitamin B3: 1.27mg (6.37%), Zinc: 0.85mg (5.67%), Vitamin B5: 0.42mg (4.2%), Vitamin B12: 0.17µg (2.88%)