



Garden Salad with Honey Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



95 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup carrots shredded
- 1 cup cucumber thinly sliced
- 1 cup grape tomatoes halved
- 0.3 cup honey vinaigrette
- 0.3 cup onion red chopped
- 6 cups gourmet salad greens

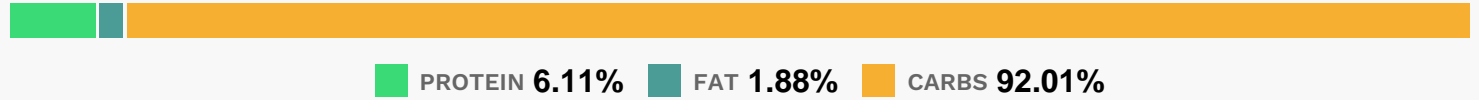
Equipment

- bowl

Directions

- Combine first 5 ingredients in a large bowl.
- Drizzle with Honey Vinaigrette, and toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:44.78, Glycemic Load:10.27, Inflammation Score:-9, Nutrition Score:8.1739129916481%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 95.26kcal (4.76%), Fat: 0.22g (0.34%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 24.02g (8.01%), Net Carbohydrates: 22.68g (8.25%), Sugar: 20.02g (22.24%), Cholesterol: 0mg (0%), Sodium: 30.42mg (1.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.19%), Vitamin A: 3688.99IU (73.78%), Vitamin C: 21.88mg (26.52%), Manganese: 0.21mg (10.38%), Folate: 37.81µg (9.45%), Potassium: 313.52mg (8.96%), Vitamin K: 7.49µg (7.13%), Vitamin B6: 0.13mg (6.7%), Fiber: 1.34g (5.36%), Phosphorus: 48.67mg (4.87%), Copper: 0.09mg (4.72%), Magnesium: 18.03mg (4.51%), Iron: 0.71mg (3.94%), Vitamin B2: 0.07mg (3.85%), Vitamin B1: 0.06mg (3.82%), Vitamin B3: 0.76mg (3.79%), Vitamin B5: 0.26mg (2.55%), Calcium: 25.03mg (2.5%), Zinc: 0.35mg (2.32%), Vitamin E: 0.32mg (2.12%)