

health-score 52%

HEALTH SCORE

Garden Salad with Smoked Almond Dressing

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

10 min.

SERVINGS

servings

4

CALORIES

calories

308 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup almonds smoked
- ☐ 4 servings bell pepper black
- ☐ 1 cup carrots shredded
- ☐ 1 Handful cilantro leaves fresh
- ☐ 1 clove garlic
- ☐ 1 Handful mint leaves fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 bell pepper red cut into matchsticks

- ☐ 3 tablespoons red wine vinegar
- ☐ 2 hearts romaine lettuce chopped
- ☐ 4 scallions thinly sliced into sticks cut into 3-inch lengths then
- ☐ 4 sun-dried tomatoes soft chopped
- ☐ 2 tablespoons splash of water
- ☐ 1 zucchini cut into matchsticks

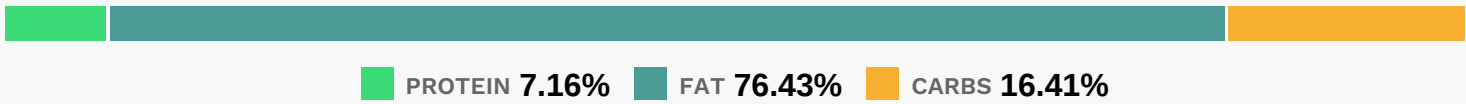
Equipment

- ☐ food processor

Directions

- ☐ Place lettuce on large platter and scatter veggies across the top.
- ☐ Put the garlic, almonds, sun dried tomatoes, cilantro, mint and vinegar in food processor and turn it on – if you have trouble getting the dressing going, add a splash (2 tablespoons) of water then stream in extra-virgin olive oil. Process the dressing then season it with black pepper, to taste, and pour evenly over the salad and serve.

Nutrition Facts



Properties

Glycemic Index:64.96, Glycemic Load:2.24, Inflammation Score:-10, Nutrition Score:21.581304425779%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

Nutrients (% of daily need)

Calories: 307.62kcal (15.38%), Fat: 27.39g (42.14%), Saturated Fat: 3.25g (20.34%), Carbohydrates: 13.23g (4.41%), Net Carbohydrates: 7.98g (2.9%), Sugar: 5.98g (6.65%), Cholesterol: 0mg (0%), Sodium: 35.1mg (1.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.54%), Vitamin A: 7842.67IU (156.85%), Vitamin C: 53.22mg (64.51%), Vitamin K: 61.95µg (59%), Vitamin E: 8.02mg (53.46%), Manganese: 0.7mg (34.93%), Fiber: 5.25g (20.98%), Vitamin B2: 0.33mg (19.28%), Magnesium: 74.68mg (18.67%), Folate: 69.27µg (17.32%), Potassium: 580.19mg (16.58%), Copper: 0.29mg (14.3%), Phosphorus: 142.71mg (14.27%), Vitamin B6: 0.27mg (13.59%), Iron: 1.81mg (10.03%), Calcium: 90.01mg (9%), Vitamin B3: 1.8mg (8.98%), Vitamin B1: 0.13mg (8.41%), Zinc: 1.01mg (6.76%), Vitamin B5: 0.45mg (4.51%), Selenium: 1.25µg (1.79%)