



Ginger Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



91 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup canola oil
- 1 tablespoon dijon mustard
- 1 tablespoon ginger fresh peeled chopped
- 2 tablespoons parsley leaves fresh chopped
- 0.1 teaspoon ground pepper fresh black
- 0.5 head iceberg lettuce shredded
- 4 servings kosher salt
- 1 slices optional: lemon for garnish

- 1 tablespoon juice of lemon fresh
- 2 tablespoons rice wine vinegar

Equipment

- bowl
- blender

Directions

- In a blender on high speed, combine mustard, lemon juice, vinegar, and ginger for just a few seconds until smooth. Then turn the blender to a lower speed and slowly pour the oil in a continuous stream. Season with salt and pepper, to taste.
- Place shredded lettuce piled high in the center of a bowl with edges.
- Add dressing to lettuce and toss.
- Sprinkle parsley around the edges of the bowl and garnish with a lemon slice.

Nutrition Facts

 **PROTEIN 3.81%**  **FAT 82.98%**  **CARBS 13.21%**

Properties

Glycemic Index:54.63, Glycemic Load:0.49, Inflammation Score:-5, Nutrition Score:5.3647827143254%

Flavonoids

Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 91.03kcal (4.55%), Fat: 8.67g (13.33%), Saturated Fat: 0.65g (4.06%), Carbohydrates: 3.1g (1.03%), Net Carbohydrates: 1.96g (0.71%), Sugar: 1.57g (1.74%), Cholesterol: 0mg (0%), Sodium: 243.37mg (10.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.79%), Vitamin K: 55.19µg (52.56%), Vitamin E: 1.63mg (10.89%), Vitamin A: 510.32IU (10.21%), Vitamin C: 7.03mg (8.52%), Manganese: 0.12mg (6.05%), Folate: 23.99µg (6%), Fiber: 1.15g (4.59%), Potassium: 126.27mg (3.61%), Iron: 0.49mg (2.74%), Vitamin B1: 0.04mg (2.57%), Magnesium: 8.83mg

(2.21%), Phosphorus: 20.28mg (2.03%), Selenium: 1.41µg (2.02%), Vitamin B6: 0.04mg (1.94%), Calcium: 19.09mg (1.91%), Copper: 0.03mg (1.46%), Vitamin B2: 0.02mg (1.35%), Zinc: 0.16mg (1.05%)