



Great Green Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



323 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup almonds sliced
- 1 avocados pitted cubed peeled
- 1 tablespoon dijon mustard
- 2 ounces feta cheese crumbled
- 1 teaspoon parsley fresh chopped
- 2 cloves garlic chopped
- 0.5 teaspoon ground pepper black
- 1 teaspoon juice of lemon fresh

- 4 cups salad greens mixed
- 4 tablespoons olive oil
- 0.5 teaspoon salt
- 1 pinch sugar white
- 2 tablespoons citrus champagne vinegar

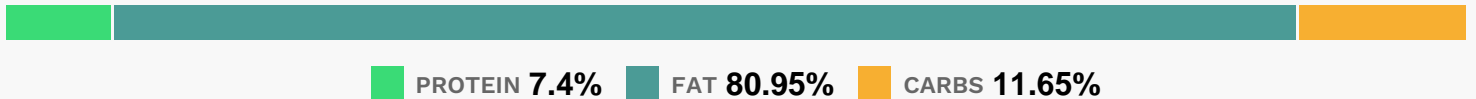
Equipment

- bowl
- whisk

Directions

- In a large bowl, whisk together the olive oil, white wine vinegar, mustard, salt, pepper, sugar, parsley, lemon juice and garlic.
- Add the avocado, and stir to coat with the dressing.
- Just before serving, add the salad greens, and toss to coat with dressing.
- Sprinkle sliced almonds and feta cheese over the top.

Nutrition Facts



Properties

Glycemic Index:68.27, Glycemic Load:0.98, Inflammation Score:-6, Nutrition Score:13.038695651552%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg

Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 322.53kcal (16.13%), Fat: 30.35g (46.69%), Saturated Fat: 5.34g (33.4%), Carbohydrates: 9.82g (3.27%), Net Carbohydrates: 4.76g (1.73%), Sugar: 1.18g (1.31%), Cholesterol: 12.62mg (4.21%), Sodium: 508.77mg (22.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.49%), Vitamin E: 6.04mg (40.3%), Manganese: 0.47mg (23.69%), Fiber: 5.06g (20.26%), Vitamin B2: 0.34mg (20.05%), Vitamin K: 20.14µg (19.18%), Vitamin C: 15.34mg (18.6%), Folate: 65.74µg (16.43%), Phosphorus: 152.27mg (15.23%), Magnesium: 55.71mg (13.93%), Vitamin B6: 0.26mg (12.98%), Copper: 0.25mg (12.51%), Potassium: 425.11mg (12.15%), Calcium: 119.11mg (11.91%), Vitamin A: 594.04IU (11.88%), Vitamin B5: 0.96mg (9.62%), Vitamin B3: 1.69mg (8.43%), Zinc: 1.22mg (8.14%), Iron: 1.27mg (7.08%), Vitamin B1: 0.1mg (6.78%), Selenium: 4.46µg (6.37%), Vitamin B12: 0.24µg (3.99%)