



HEALTH SCORE

64%

Greek Country Salad



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



102 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups baby spinach
- ☐ 2 cups dandelion greens
- ☐ 4 cups endive chopped (preferably pale inner leaves)
- ☐ 0.5 cup optional: dill fresh chopped
- ☐ 0.3 cup parsley fresh
- ☐ 1 teaspoon honey
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 cups mustard greens trimmed finely chopped

- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 1 cup watercress trimmed

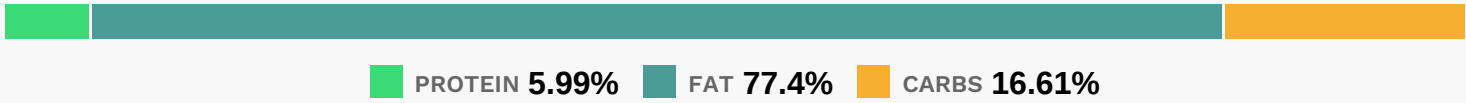
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together lemon juice, salt, and honey in a large salad bowl and add oil in a slow stream, whisking until blended.
- ☐ Add salad ingredients to dressing and toss to coat. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:34.03, Glycemic Load:0.6, Inflammation Score:-10, Nutrition Score:13.982173766779%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg Kaempferol: 9.81mg, Kaempferol: 9.81mg, Kaempferol: 9.81mg, Kaempferol: 9.81mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

Nutrients (% of daily need)

Calories: 101.98kcal (5.1%), Fat: 9.3g (14.3%), Saturated Fat: 1.29g (8.07%), Carbohydrates: 4.49g (1.5%), Net Carbohydrates: 2.39g (0.87%), Sugar: 1.24g (1.38%), Cholesterol: 0mg (0%), Sodium: 175.34mg (7.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.24%), Vitamin K: 290.33µg (276.51%), Vitamin A: 3617.07IU (72.34%), Vitamin C: 26.48mg (32.1%), Folate: 65.47µg (16.37%), Vitamin E: 2.39mg (15.93%), Manganese: 0.28mg (13.8%), Fiber: 2.1g (8.41%), Iron: 1.49mg (8.27%), Potassium: 285.92mg (8.17%), Calcium: 78.63mg (7.86%), Vitamin

B2: 0.1mg (6.05%), Magnesium: 23.31mg (5.83%), Vitamin B1: 0.07mg (4.83%), Vitamin B6: 0.09mg (4.75%),
Copper: 0.09mg (4.74%), Phosphorus: 34.79mg (3.48%), Vitamin B5: 0.31mg (3.09%), Zinc: 0.4mg (2.64%), Vitamin
B3: 0.48mg (2.38%)