



Green Salad with Creamy Salsa Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



7 min.

SERVINGS



5

CALORIES



133 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 20 slices cucumber thin
- ☐ 20 grape tomatoes
- ☐ 0.5 cup ranch dressing light
- ☐ 10 ounce torn romaine lettuce
- ☐ 0.3 cup salsa

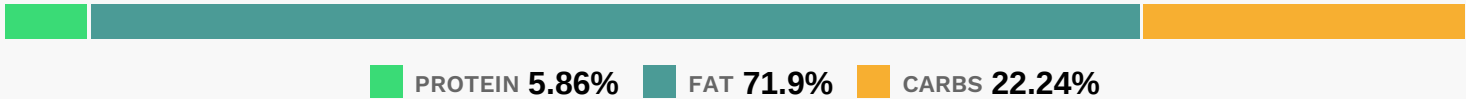
Equipment

- ☐ whisk

Directions

- ☐ Combine dressing and salsa; stir well with a whisk.
- ☐ Place lettuce on plates. Top with cucumber and tomatoes.
- ☐ Drizzle with dressing mixture.

Nutrition Facts



Properties

Glycemic Index:10.6, Glycemic Load:0.76, Inflammation Score:-10, Nutrition Score:14.484782492337%

Flavonoids

Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 133.47kcal (6.67%), Fat: 11.06g (17.02%), Saturated Fat: 1.72g (10.74%), Carbohydrates: 7.7g (2.57%), Net Carbohydrates: 5.18g (1.89%), Sugar: 4.64g (5.15%), Cholesterol: 6.24mg (2.08%), Sodium: 338.44mg (14.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.05%), Vitamin A: 5617.41IU (112.35%), Vitamin K: 98.39µg (93.71%), Folate: 92.88µg (23.22%), Vitamin C: 12.81mg (15.53%), Potassium: 399.37mg (11.41%), Manganese: 0.22mg (10.78%), Fiber: 2.51g (10.06%), Phosphorus: 89.4mg (8.94%), Vitamin E: 1.19mg (7.96%), Vitamin B6: 0.15mg (7.42%), Magnesium: 22.58mg (5.64%), Vitamin B1: 0.08mg (5.62%), Iron: 0.94mg (5.22%), Copper: 0.1mg (5.15%), Vitamin B2: 0.08mg (4.96%), Vitamin B5: 0.43mg (4.35%), Calcium: 41mg (4.1%), Vitamin B3: 0.8mg (3.99%), Zinc: 0.37mg (2.46%), Selenium: 1.25µg (1.79%)