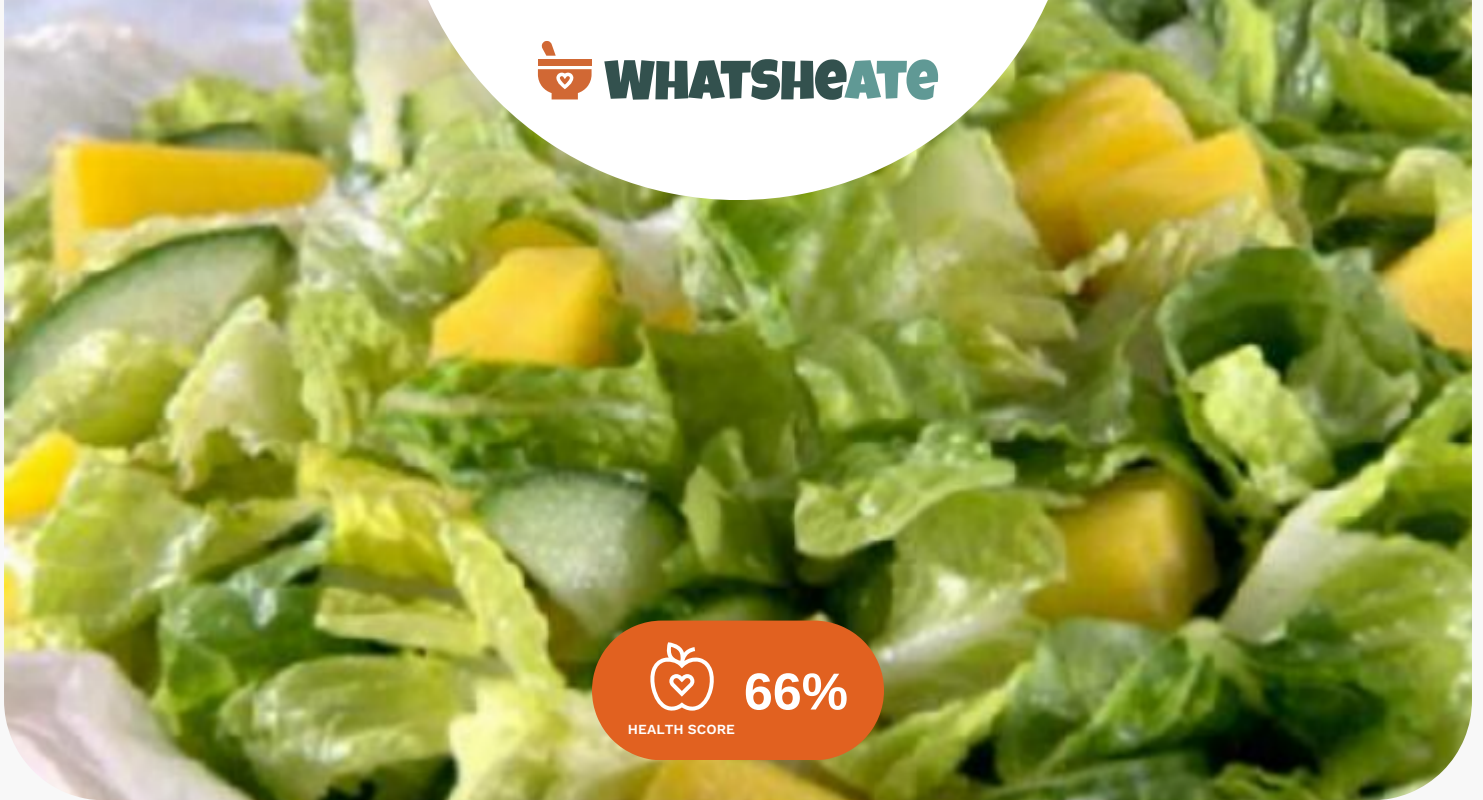




Green Salad with Dressing



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



12 min.

SERVINGS



4

CALORIES



241 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cucumber seedless cubed
- ☐ 1 teaspoon garlic minced
- ☐ 2 tablespoons honey
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 cups mangos jarred cubed
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon red-wine vinegar
- ☐ 1.5 pounds the of 1 cos lettuce chopped

☐ 4 servings salt and pepper black freshly ground

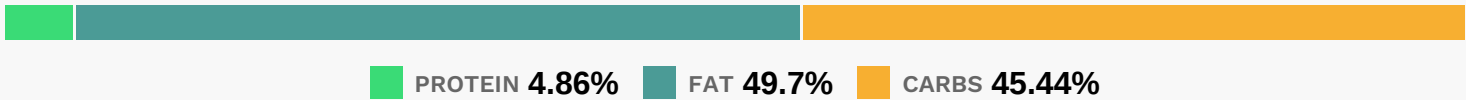
Equipment

☐ whisk

Directions

- ☐ Whisk together juice, honey, vinegar, and garlic.
- ☐ Add oil in a slow stream, whisking until emulsified. Season with salt and pepper.
- ☐ Toss together mangoes, romaine, and cucumber with dressing, to taste.

Nutrition Facts



Properties

Glycemic Index:41.51, Glycemic Load:10.31, Inflammation Score:-10, Nutrition Score:21.498695891836%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 241.16kcal (12.06%), Fat: 14.38g (22.13%), Saturated Fat: 2.02g (12.64%), Carbohydrates: 29.58g (9.86%), Net Carbohydrates: 24.38g (8.86%), Sugar: 22.84g (25.37%), Cholesterol: 0mg (0%), Sodium: 16.62mg (0.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.33%), Vitamin A: 15755.66IU (315.11%), Vitamin K: 192.36µg (183.2%), Folate: 271.19µg (67.8%), Vitamin C: 42.73mg (51.79%), Fiber: 5.2g (20.81%), Vitamin E: 2.95mg (19.69%), Manganese: 0.38mg (19.17%), Potassium: 642.96mg (18.37%), Vitamin B6: 0.26mg (12.85%), Iron: 2.06mg (11.44%), Vitamin B1: 0.16mg (10.74%), Copper: 0.2mg (10.02%), Magnesium: 38.87mg (9.72%), Vitamin B2: 0.17mg (9.7%), Calcium: 76.12mg (7.61%), Phosphorus: 75.72mg (7.57%), Vitamin B3: 1.16mg (5.81%), Vitamin B5: 0.53mg (5.33%), Zinc: 0.59mg (3.91%), Selenium: 1.5µg (2.14%)