



## Green Salad with Hot Paprika Garlic Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



64 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 1 pint cherry tomatoes cut in half
- ☐ 1 cucumber sliced
- ☐ 1 teaspoon dijon mustard
- ☐ 1 clove garlic crushed
- ☐ 1 teaspoon honey
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.7 cup olive oil
- ☐ 1 tablespoon paprika hot

- ☐ 9 oz the of 1 cos lettuce
- ☐ 8 servings salt and pepper
- ☐ 1 bell pepper yellow seeded sliced

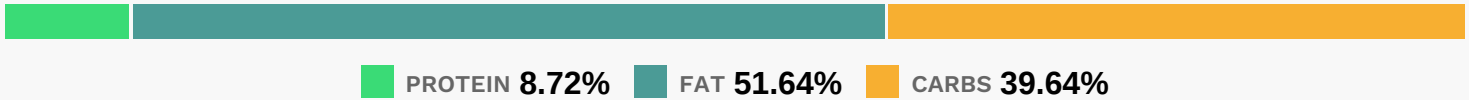
## Equipment

- ☐ bowl
- ☐ blender

## Directions

- ☐ Make salad: Toss salad ingredients in a bowl.
- ☐ Make dressing: In a blender, mix juice, honey, paprika, mustard, garlic, salt and pepper until smooth.
- ☐ Drizzle in oil while blending. Toss salad with 3 Tbsp. dressing; refrigerate leftover.

## Nutrition Facts



## Properties

Glycemic Index:18.03, Glycemic Load:0.52, Inflammation Score:-9, Nutrition Score:11.327826033468%

## Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

## Nutrients (% of daily need)

Calories: 63.71kcal (3.19%), Fat: 4g (6.16%), Saturated Fat: 0.55g (3.44%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 5.07g (1.84%), Sugar: 3.33g (3.7%), Cholesterol: 0mg (0%), Sodium: 211.59mg (9.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.04%), Vitamin A: 3555.67IU (71.11%), Vitamin C: 45.57mg (55.23%), Vitamin K: 39.93µg (38.03%), Folate: 61.81µg (15.45%), Potassium: 318.97mg (9.11%), Manganese: 0.18mg (9.05%), Vitamin E: 1.17mg (7.79%), Fiber: 1.84g (7.36%), Vitamin B6: 0.14mg (7.05%), Iron: 1.09mg (6.08%), Copper: 0.11mg (5.57%), Magnesium: 18.38mg (4.6%), Vitamin B1: 0.07mg (4.41%), Phosphorus: 42.06mg (4.21%), Vitamin B2:

0.06mg (3.54%), Vitamin B3: 0.66mg (3.31%), Calcium: 27.54mg (2.75%), Vitamin B5: 0.27mg (2.71%), Zinc: 0.3mg (1.98%), Selenium: 0.84µg (1.2%)