



Green Salad with Red Pepper Relish Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



34 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup olive oil extra virgin
- 0.5 cup pepper relish red
- 6 radishes red sliced
- 3 tablespoons red wine vinegar
- 2 hearts romaine chopped
- 10 servings salt and pepper black freshly ground
- 6 scallions sliced
- 1 cup snap peas fresh chopped

1 teaspoon sugar

1 sack mixed

Equipment

bowl

whisk

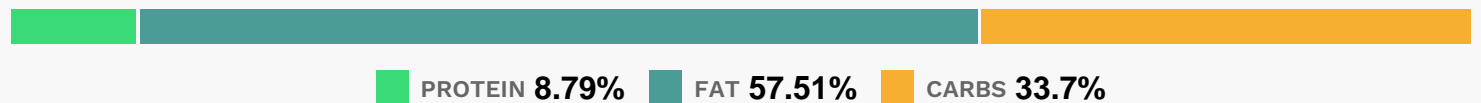
Directions

Combine chopped romaine, baby greens, radishes, snap peas, and scallions in a large salad bowl.

Combine vinegar, sugar and relish in a small bowl.

Whisk in oil in a slow stream. Toss salad with dressing. Season salad with salt and pepper, to your taste and serve.

Nutrition Facts



Properties

Glycemic Index:19.81, Glycemic Load:0.51, Inflammation Score:-9, Nutrition Score:6.9295652418033%

Flavonoids

Pelargonidin: 1.52mg, Pelargonidin: 1.52mg, Pelargonidin: 1.52mg, Pelargonidin: 1.52mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 34.34kcal (1.72%), Fat: 2.29g (3.52%), Saturated Fat: 0.32g (2%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 1.88g (0.68%), Sugar: 1.59g (1.76%), Cholesterol: 0mg (0%), Sodium: 5.04mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Vitamin A: 2381.88IU (47.64%), Vitamin K: 42.38µg (40.36%), Vitamin C: 18.07mg (21.91%), Folate: 43.54µg (10.89%), Manganese: 0.1mg (4.77%), Fiber: 1.14g (4.55%), Vitamin E: 0.54mg (3.58%), Potassium: 119.89mg (3.43%), Iron: 0.61mg (3.4%), Vitamin B6: 0.06mg (3.03%), Vitamin B1: 0.04mg (2.63%), Vitamin B2: 0.04mg (2.14%), Magnesium: 8.45mg (2.11%), Calcium: 18.73mg (1.87%), Phosphorus: 17.61mg (1.76%), Copper: 0.03mg (1.44%), Vitamin B5: 0.14mg (1.4%), Vitamin B3: 0.25mg (1.24%)