



Green Salad with Simple Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



9 min.

SERVINGS



4

CALORIES



72 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 cup cucumber seeded chopped
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 3 radishes thinly sliced
- ☐ 4 cups the salad mixed
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons citrus champagne vinegar

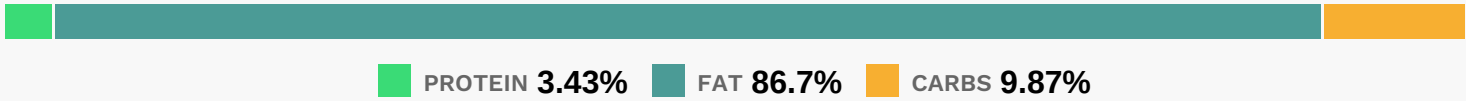
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine salad greens, radishes, and cucumber in a large bowl.
- ☐ Combine olive oil, vinegar, salt, and freshly ground black pepper, stirring with a whisk.
- ☐ Drizzle over salad mixture; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:2.7313043332618%

Flavonoids

Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

Nutrients (% of daily need)

Calories: 72.34kcal (3.62%), Fat: 7.06g (10.86%), Saturated Fat: 0.97g (6.09%), Carbohydrates: 1.81g (0.6%), Net Carbohydrates: 1.63g (0.59%), Sugar: 0.29g (0.32%), Cholesterol: 0mg (0%), Sodium: 85.33mg (3.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Vitamin C: 10.29mg (12.48%), Vitamin A: 466.92IU (9.34%), Vitamin E: 1.01mg (6.76%), Vitamin K: 5.55µg (5.29%), Folate: 17.89µg (4.47%), Manganese: 0.08mg (4.23%), Potassium: 102.24mg (2.92%), Vitamin B6: 0.04mg (2.14%), Iron: 0.38mg (2.1%), Phosphorus: 20.39mg (2.04%), Magnesium: 7.1mg (1.78%), Copper: 0.03mg (1.75%), Vitamin B2: 0.03mg (1.5%), Vitamin B1: 0.02mg (1.17%), Vitamin B3: 0.23mg (1.17%)