



Greens of the Wilderness Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



15 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 servings ice for garnish, optional
- ☐ 4 servings kosher salt to taste
- ☐ 4 servings optional: lemon
- ☐ 8 cups the salad wild mixed such as purslane, dandelion (best used sparingly,
- ☐ 4 servings pepper black to taste

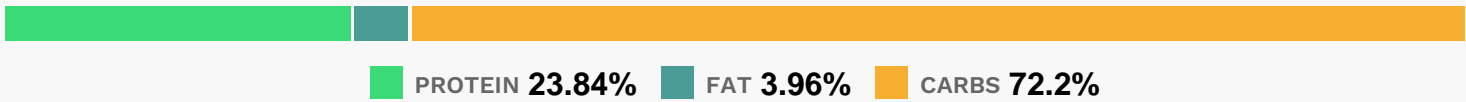
Equipment

- ☐ bowl

Directions

- ☐ Tear the greens into bite-size pieces and drop them into a large salad bowl.
- ☐ Pour enough dressing over the salad to lightly coat the greens. Taste and adjust seasonings, if necessary.
- ☐ Garnish with edible flowers, if one strives for fanciness.
- ☐ Edible Blooms
- ☐ If the notion of eating flowers calls to mind a pasture cow chomping on clover, it is time to revise one's thinking. A colorful blend of delicate blossoms instantly makes a salad of simple mixed greens more elegant, and depending upon the chosen blooms, will add lemony, peppery, tart, or honeyed flavor. Before dashing off to the nearest meadow, take note: not all flowers are edible. Pluck only those one is certain can be safely digested, such as violet, hyssop, borage, calendula, lilac, nasturtium, dandelion, pansy, and marigold.
- ☐ Remove all pistils and stamens before eating and avoid any flowers suspected to have received pesticide treatment.
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Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:0.13, Inflammation Score:-6, Nutrition Score:3.9573913391518%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 15.23kcal (0.76%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 3.33g (1.11%), Net Carbohydrates: 3.1g (1.13%), Sugar: 0.18g (0.2%), Cholesterol: 0mg (0%), Sodium: 214.8mg (9.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Vitamin C: 22.55mg (27.33%), Vitamin A: 930.36IU (18.61%), Folate: 30.98µg (7.74%), Manganese: 0.13mg (6.65%), Potassium: 150.36mg (4.3%), Vitamin B6: 0.07mg (3.49%), Phosphorus: 32.97mg (3.3%), Iron: 0.56mg (3.14%), Vitamin B2: 0.04mg (2.49%), Magnesium: 9.78mg (2.44%), Vitamin B3: 0.46mg (2.28%), Copper: 0.04mg (2.2%), Vitamin B1: 0.03mg (1.82%), Calcium: 13.17mg (1.32%), Zinc: 0.17mg (1.16%), Vitamin B5: 0.11mg (1.11%)