



Hearty Layer Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



197 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 large avocado ripe peeled sliced
- 15 ounces garbanzo beans rinsed drained canned
- 0.1 teaspoon ground pepper
- 1 cup cherry tomatoes halved
- 1 small cucumber thinly sliced
- 1 cup mushrooms fresh sliced
- 1 cup mushrooms fresh sliced
- 2 garlic clove minced

- 0.5 teaspoon ground cumin
- 3 hardboiled eggs sliced
- 2 tablespoons juice of lemon
- 6 cups the salad mixed
- 1 cup onion red separated thinly sliced cut in half and
- 0.3 teaspoon salt
- 8 ounces cream sour
- 0.5 cup walnut pieces toasted chopped

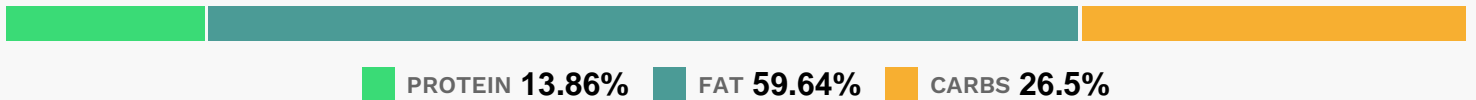
Equipment

- bowl
- blender

Directions

- In a large glass bowl, layer the first eight ingredients. In a blender, combine the dressing ingredients; cover and process until smooth.
- Serve with the salad.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:2.35, Inflammation Score:-6, Nutrition Score:11.415217391304%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg, Myricetin: 0.02mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 197.05kcal (9.85%), Fat: 13.77g (21.18%), Saturated Fat: 3.68g (23.01%), Carbohydrates: 13.77g (4.59%), Net Carbohydrates: 9.44g (3.43%), Sugar: 2.96g (3.29%), Cholesterol: 69.33mg (23.11%), Sodium: 213.61mg (9.29%), Protein: 7.2g (14.39%), Manganese: 0.69mg (34.45%), Vitamin B6: 0.4mg (19.99%), Vitamin C: 14.77mg (17.9%), Fiber: 4.33g (17.31%), Copper: 0.31mg (15.36%), Vitamin B2: 0.26mg (15.22%), Folate: 60.59µg (15.15%), Phosphorus: 147.48mg (14.75%), Selenium: 8.82µg (12.61%), Vitamin A: 625.29IU (12.51%), Potassium: 419.23mg (11.98%), Vitamin B5: 1.13mg (11.26%), Magnesium: 40.26mg (10.07%), Iron: 1.5mg (8.31%), Vitamin B3: 1.44mg (7.22%), Zinc: 1.07mg (7.16%), Vitamin B1: 0.1mg (6.96%), Calcium: 66.93mg (6.69%), Vitamin K: 6.42µg (6.11%), Vitamin E: 0.81mg (5.38%), Vitamin B12: 0.22µg (3.7%), Vitamin D: 0.37µg (2.46%)