



Individual Lettuce Chopped Salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



148 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 avocado diced pitted
- ☐ 12 grapes black halved
- ☐ 1 pinch pepper black freshly ground
- ☐ 1 head boston lettuce
- ☐ 2 teaspoons chives chopped for garnish
- ☐ 0.5 cucumber diced english
- ☐ 1 juice of lemon juiced
- ☐ 9.6 shrimp diced cooked peeled

- ☐ 0.1 cup olive oil light
- ☐ 2 oranges peeled
- ☐ 1 onion red julienned
- ☐ 1 pinch salt
- ☐ 1 tomatoes diced
- ☐ 6 servings iced water

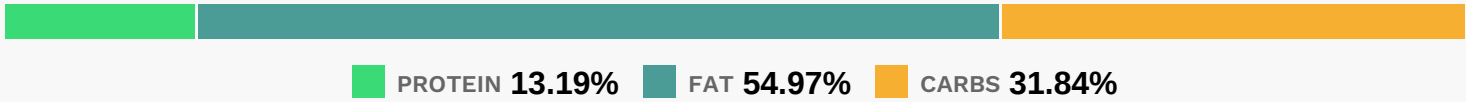
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ kitchen scissors

Directions

- ☐ Remove the lettuce leaves from the head and using scissors cut each leaf into round shaped cups.
- ☐ Add to a bowl of iced water and refrigerate until needed. In a large bowl add all the remaining ingredients, except the chives, and mix well.
- ☐ Remove lettuce cups from the water and pat dry with paper towels. Fill the cups with the fruit and vegetable mixture and transfer to serving plates.
- ☐ Garnish the salads with chopped chives and serve.
- ☐ Add lobster and crabmeat, if desired.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:2.7, Inflammation Score:-8, Nutrition Score:11.180000025293%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg,

Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 12.62mg, Hesperetin: 12.62mg, Hesperetin: 12.62mg, Hesperetin: 12.62mg Naringenin: 6.9mg, Naringenin: 6.9mg, Naringenin: 6.9mg, Naringenin: 6.9mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg

Nutrients (% of daily need)

Calories: 148.19kcal (7.41%), Fat: 9.73g (14.97%), Saturated Fat: 1.39g (8.69%), Carbohydrates: 12.68g (4.23%), Net Carbohydrates: 8.3g (3.02%), Sugar: 6.43g (7.14%), Cholesterol: 25.76mg (8.59%), Sodium: 43.46mg (1.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.51%), Vitamin K: 44.07µg (41.97%), Vitamin C: 34.58mg (41.91%), Vitamin A: 1260.54IU (25.21%), Fiber: 4.38g (17.52%), Folate: 69.77µg (17.44%), Potassium: 470.97mg (13.46%), Manganese: 0.22mg (11.13%), Copper: 0.22mg (11.07%), Vitamin E: 1.6mg (10.66%), Vitamin B6: 0.19mg (9.29%), Magnesium: 33.67mg (8.42%), Phosphorus: 84.07mg (8.41%), Vitamin B5: 0.73mg (7.29%), Vitamin B1: 0.1mg (6.68%), Calcium: 60.07mg (6.01%), Vitamin B2: 0.1mg (5.65%), Vitamin B3: 0.98mg (4.89%), Iron: 0.85mg (4.74%), Zinc: 0.66mg (4.4%)