



## Italian Greens and Herb Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



20 min.

SERVINGS



6

CALORIES



101 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 belgian endives thinly sliced
- 0.3 teaspoon pepper black freshly ground plus more for seasoning
- 0.8 cup basil leaves fresh packed (lightly )
- 1 teaspoon honey
- 1 cup kalamata olives pitted halved
- 0.3 cup juice of lemon fresh
- 2 teaspoons lemon zest grated
- 0.5 cup olive oil

- 1 cup parsley leaves fresh italian packed coarsely chopped (lightly )
- 1 head romaine lettuce coarsely chopped
- 1 teaspoon salt plus more for seasoning

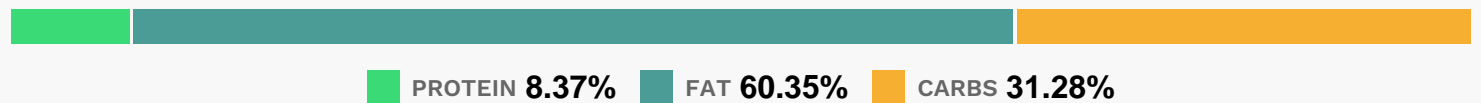
## Equipment

- bowl
- blender

## Directions

- Watch how to make this recipe.
- Blend the lemon juice, lemon peel, honey, 1 teaspoon of salt, and 1/4 teaspoon of pepper in a blender. With the machine running, gradually blend in the oil.
- Toss the lettuce, endive, olives, parsley, and basil in a large bowl with enough dressing to coat. Season the salad with more salt and pepper, to taste, and serve.

## Nutrition Facts



## Properties

Glycemic Index:31.88, Glycemic Load:0.64, Inflammation Score:-10, Nutrition Score:17.508260897968%

## Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

## Nutrients (% of daily need)

Calories: 100.97kcal (5.05%), Fat: 7.55g (11.62%), Saturated Fat: 1.04g (6.47%), Carbohydrates: 8.81g (2.94%), Net Carbohydrates: 3.93g (1.43%), Sugar: 2.73g (3.04%), Cholesterol: 0mg (0%), Sodium: 366.26mg (15.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.71%), Vitamin K: 291.12µg (277.25%), Vitamin A: 10202.13IU (204.04%), Folate: 176.99µg (44.25%), Vitamin C: 23.82mg (28.88%), Fiber: 4.88g (19.52%), Manganese: 0.3mg (15.06%), Iron: 2.27mg (12.62%), Potassium: 429.6mg (12.27%), Vitamin E: 1.78mg (11.85%), Calcium: 87.05mg

(8.71%), Vitamin B1: 0.12mg (7.72%), Magnesium: 30.63mg (7.66%), Copper: 0.13mg (6.53%), Vitamin B6: 0.13mg (6.38%), Vitamin B2: 0.1mg (5.89%), Phosphorus: 51.15mg (5.12%), Vitamin B3: 0.65mg (3.23%), Zinc: 0.47mg (3.13%), Vitamin B5: 0.28mg (2.76%), Selenium: 0.77 $\mu$ g (1.11%)