






 **96%**
HEALTH SCORE

Jean's Super Salad with Ginger-Citrus Dressing

 Vegetarian  Gluten Free  Very Healthy

READY IN

45 min.

SERVINGS

1

CALORIES

913 kcal

SIDE DISH **LUNCH** **MAIN COURSE** **MAIN DISH**

Ingredients

- 0.3 cup cheese blue crumbled
- 0.5 cup cauliflower pieces
- 0.5 cup chickpeas drained and rinsed (garbanzos)
- 2 tablespoons dry-roasted peanuts unsalted
- 1 teaspoon ginger fresh grated
- 2 garlic cloves crushed
- 0.8 teaspoon ground cumin

- 1 teaspoon soya sauce reduced-sodium
- 2 tablespoons olive oil
- 1 cranberry-orange relish peeled sliced (or in chunks)
- 0.5 cup orange juice
- 0.5 cup cabbage shredded red
- 0.5 cup onion red sliced
- 1 cup romaine lettuce
- 1 cup pkt spinach
- 0.5 cup strawberries sliced
- 2 tablespoons rice white

Equipment

- bowl

Directions

- Toss salad ingredients in a large bowl with 1/4 cup dressing.
- Serve.

Nutrition Facts

PROTEIN 12.32% **FAT 52.98%** **CARBS 34.7%**

Properties

Glycemic Index:410.25, Glycemic Load:21.49, Inflammation Score:-10, Nutrition Score:49.268260639647%

Flavonoids

Cyanidin: 94.58mg, Cyanidin: 94.58mg, Cyanidin: 94.58mg, Cyanidin: 94.58mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.9mg, Pelargonidin: 17.9mg, Pelargonidin: 17.9mg, Pelargonidin: 17.9mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg,

Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 50.52mg, Hesperetin: 50.52mg, Hesperetin: 50.52mg, Hesperetin: 50.52mg Naringenin: 22.91mg, Naringenin: 22.91mg, Naringenin: 22.91mg, Naringenin: 22.91mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 3.17mg, Kaempferol: 3.17mg, Kaempferol: 3.17mg, Kaempferol: 3.17mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 20.7mg, Quercetin: 20.7mg, Quercetin: 20.7mg, Quercetin: 20.7mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 913.1kcal (45.66%), Fat: 56.07g (86.27%), Saturated Fat: 12.92g (80.74%), Carbohydrates: 82.63g (27.54%), Net Carbohydrates: 63.78g (23.19%), Sugar: 38.64g (42.93%), Cholesterol: 25.31mg (8.44%), Sodium: 640.27mg (27.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.34g (58.67%), Vitamin C: 242.88mg (294.4%), Vitamin K: 240.98µg (229.51%), Vitamin A: 8255.65IU (165.11%), Manganese: 2.62mg (130.81%), Folate: 452.24µg (113.06%), Fiber: 18.85g (75.39%), Phosphorus: 546.7mg (54.67%), Potassium: 1843.41mg (52.67%), Magnesium: 200.38mg (50.1%), Vitamin E: 7.21mg (48.07%), Vitamin B6: 0.94mg (46.81%), Calcium: 436.57mg (43.66%), Iron: 6.96mg (38.68%), Vitamin B1: 0.56mg (37.61%), Copper: 0.74mg (36.82%), Vitamin B3: 7.26mg (36.28%), Vitamin B2: 0.54mg (31.7%), Zinc: 4.05mg (27.02%), Vitamin B5: 2.52mg (25.23%), Selenium: 14.33µg (20.47%), Vitamin B12: 0.41µg (6.86%), Vitamin D: 0.17µg (1.13%)