



Lemon-Pepper Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



130 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 lemons
- 0.3 cup olive oil extra-virgin
- 1 teaspoon coarse pepper black
- 2 hearts romaine lettuce shredded chopped
- 6 servings salt
- 0.5 pint tomatoes yellow ripe halved seeded chopped

Equipment

- bowl

whisk

Directions

Zest the lemons into a bowl.

Add the juice of the lemons with the pepper, whisk in olive oil then season the dressing with salt, to taste. Toss the tomatoes and greens with dressing and adjust seasoning.

Nutrition Facts



PROTEIN 3.66% **FAT 79.26%** **CARBS 17.08%**

Properties

Glycemic Index:9.58, Glycemic Load:0.64, Inflammation Score:-9, Nutrition Score:9.905651991782%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 129.67kcal (6.48%), Fat: 12.33g (18.98%), Saturated Fat: 1.7g (10.65%), Carbohydrates: 5.98g (1.99%), Net Carbohydrates: 3.82g (1.39%), Sugar: 1.35g (1.5%), Cholesterol: 0mg (0%), Sodium: 206.9mg (9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.56%), Vitamin A: 3290.51IU (65.81%), Vitamin K: 46.38µg (44.17%), Vitamin C: 24.14mg (29.26%), Folate: 67.07µg (16.77%), Vitamin E: 1.83mg (12.23%), Fiber: 2.16g (8.64%), Manganese: 0.16mg (7.98%), Potassium: 249.04mg (7.12%), Iron: 0.88mg (4.87%), Vitamin B6: 0.08mg (3.99%), Vitamin B1: 0.06mg (3.87%), Copper: 0.08mg (3.79%), Magnesium: 13.46mg (3.37%), Phosphorus: 31.78mg (3.18%), Vitamin B3: 0.62mg (3.11%), Vitamin B2: 0.05mg (3.03%), Calcium: 27.84mg (2.78%), Vitamin B5: 0.17mg (1.7%), Zinc: 0.22mg (1.49%)