



Lively Lemon Tossed Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



258 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 avocado peeled cut into 1-inch cubes
- ☐ 4 ounces feta cheese crumbled
- ☐ 0.3 cup mint leaves fresh minced
- ☐ 2 tablespoons parsley fresh minced
- ☐ 1 garlic clove pressed
- ☐ 1 bell pepper diced green
- ☐ 0.5 cup kalamata ripe sliced
- ☐ 3 tablespoons juice of lemon fresh (1 medium lemon)

- ☐ 4 servings salad greens mixed
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 6 plum tomatoes diced seeded
- ☐ 0.3 simple preserved lemons fresh
- ☐ 1 purple onion thinly sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ Rinse preserved lemon; remove pulp, and discard.
- ☐ Cut rind into 1/4-inch cubes.
- ☐ Whisk together lemon juice and next 5 ingredients in a large bowl; add lemon rind, tomato, and next 5 ingredients, tossing to coat. Cover and chill 30 minutes.
- ☐ Serve over salad greens.
- ☐ Lively Lemon-Chicken Salad: Double the lemon juice mixture, reserving half for tomato mixture.
- ☐ Place 4 skinned and boned chicken breast halves in a shallow dish or large heavy-duty zip-top plastic bag; pour remaining half of lemon juice mixture over chicken. Cover or seal, and chill 20 minutes.
- ☐ Remove chicken from marinade, discarding marinade.
- ☐ Cook chicken in a large nonstick skillet over medium-high heat 6 to 7 minutes on each side or until done.
- ☐ Serve with tomato mixture over lettuce.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:2.37, Inflammation Score:-9, Nutrition Score:19.514347833136%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 1.42mg, Eriodictyol: 1.42mg, Eriodictyol: 1.42mg, Eriodictyol: 1.42mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg Apigenin: 4.47mg, Apigenin: 4.47mg, Apigenin: 4.47mg, Apigenin: 4.47mg Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg

Nutrients (% of daily need)

Calories: 257.64kcal (12.88%), Fat: 19.93g (30.67%), Saturated Fat: 5.74g (35.89%), Carbohydrates: 16.54g (5.51%), Net Carbohydrates: 10.15g (3.69%), Sugar: 5.06g (5.62%), Cholesterol: 25.23mg (8.41%), Sodium: 609.32mg (26.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.69%), Vitamin C: 61.14mg (74.11%), Vitamin K: 56.08µg (53.41%), Vitamin A: 1888.42IU (37.77%), Fiber: 6.39g (25.55%), Vitamin B6: 0.48mg (24.04%), Folate: 95.77µg (23.94%), Vitamin B2: 0.37mg (21.85%), Potassium: 693.17mg (19.8%), Vitamin E: 2.89mg (19.26%), Manganese: 0.38mg (19.1%), Calcium: 190.58mg (19.06%), Phosphorus: 179.65mg (17.96%), Copper: 0.25mg (12.4%), Vitamin B5: 1.21mg (12.09%), Magnesium: 46.5mg (11.62%), Vitamin B3: 2.23mg (11.17%), Vitamin B1: 0.17mg (11.02%), Zinc: 1.54mg (10.27%), Iron: 1.53mg (8.48%), Vitamin B12: 0.48µg (7.99%), Selenium: 5.03µg (7.18%)