

food  
network



HEALTH SCORE

56%

## Low Fat Ranch Dressing over Chopped Salad



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



3

CALORIES



96 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 3 servings bell pepper black
- ☐ 1 cup carrots shredded
- ☐ 3 servings coarse salt
- ☐ 2 tablespoons optional: dill dried snipped chopped
- ☐ 1 clove garlic
- ☐ 10 ounce sack greens mixed any style
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 cup yogurt plain low fat

- ☐ 2 tablespoons parsley leaves chopped
- ☐ 2 tablespoons onion red grated

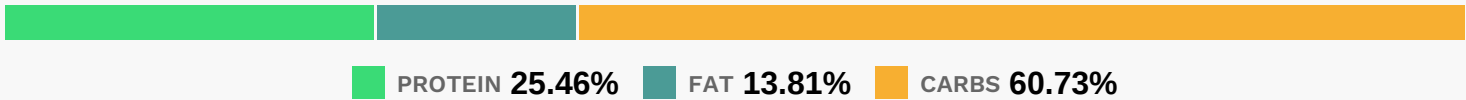
## Equipment

- ☐ knife

## Directions

- ☐ Combine the greens with carrots and radishes.
- ☐ Mix yogurt with grated onion, herbs, lemon juice. Paste the garlic by chopping it then add a generous pinch of coarse salt and mash with the side of your knife.
- ☐ Mix paste into dressing. Season the dressing with black pepper, to your taste.
- ☐ Pour the dressing evenly over the salad, toss and serve.

## Nutrition Facts



## Properties

Glycemic Index:55.94, Glycemic Load:1.62, Inflammation Score:-10, Nutrition Score:16.422173811042%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

## Nutrients (% of daily need)

Calories: 95.59kcal (4.78%), Fat: 1.57g (2.41%), Saturated Fat: 0.86g (5.34%), Carbohydrates: 15.53g (5.18%), Net Carbohydrates: 13.8g (5.02%), Sugar: 8.21g (9.13%), Cholesterol: 4.9mg (1.63%), Sodium: 311.13mg (13.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.51g (13.02%), Vitamin A: 8585.76IU (171.72%), Vitamin K: 49.74µg (47.37%), Vitamin C: 32.38mg (39.25%), Calcium: 219.38mg (21.94%), Phosphorus: 185.82mg (18.58%), Potassium: 591.37mg (16.9%), Manganese: 0.33mg (16.28%), Vitamin B2: 0.26mg (15.23%), Folate: 58.42µg (14.61%), Vitamin B6: 0.23mg (11.7%), Iron: 1.98mg (10.98%), Magnesium: 41.14mg (10.29%), Zinc: 1.15mg (7.66%), Vitamin B12: 0.46µg

(7.62%), Vitamin B5: 0.75mg (7.45%), Vitamin B1: 0.11mg (7.3%), Fiber: 1.73g (6.92%), Vitamin B3: 1.14mg (5.72%),  
Copper: 0.1mg (4.94%), Selenium: 3.3µg (4.72%), Vitamin E: 0.34mg (2.25%)