



Marshmallow Flower Salad with Wild Bay Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



20 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

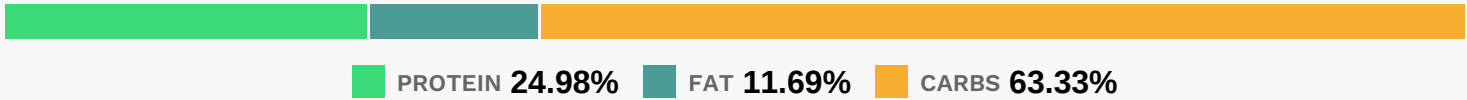
- ☐ 8 servings bay dressing wild
- ☐ 1 cucumber peeled seeded sliced cut in half, and
- ☐ 8 servings garnish: dollar weed blossoms
- ☐ 1 head lettuce green
- ☐ 1 head lettuce red
- ☐ 12 brier shoots
- ☐ 1 large tomatoes yellow seeded cut into thin strips

Equipment

Directions

- ☐ Arrange the lettuce, brier shoots, cucumber, tomato, and edible blossoms on individual plates.
- ☐ Serve with Wild Bay Dressing.
- ☐ Note: One-half cup fresh bean sprouts or fresh pea shoots can be substituted for brier shoots. Any edible flower may be substituted for dollar weed blossoms, marshmallow flowers, thistle flowers, and wax myrtle buds.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.08, Inflammation Score:-10, Nutrition Score:12.68869567954%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 19.73kcal (0.99%), Fat: 0.31g (0.47%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 3.74g (1.25%), Net Carbohydrates: 2.27g (0.83%), Sugar: 1.06g (1.17%), Cholesterol: 0mg (0%), Sodium: 23.63mg (1.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.95%), Vitamin A: 6328.71IU (126.57%), Vitamin K: 113.47µg (108.07%), Manganese: 0.3mg (15.07%), Vitamin C: 8.37mg (10.14%), Folate: 38.24µg (9.56%), Iron: 1.37mg (7.61%), Potassium: 216.88mg (6.2%), Fiber: 1.49g (5.96%), Vitamin B6: 0.12mg (5.8%), Vitamin B2: 0.08mg (4.69%), Vitamin B1: 0.07mg (4.54%), Calcium: 42.76mg (4.28%), Magnesium: 16.25mg (4.06%), Phosphorus: 32.98mg (3.3%), Copper: 0.05mg (2.75%), Vitamin B5: 0.21mg (2.06%), Zinc: 0.26mg (1.74%), Vitamin B3: 0.33mg (1.65%), Selenium: 0.92µg (1.31%), Vitamin E: 0.17mg (1.12%)