



HEALTH SCORE

100%

## Miner's Lettuce Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



132 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 0.3 cup basil leaves dried fresh chopped
- ☐ 4 cups miner's lettuce rinsed
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup rice vinegar
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup sesame seed

## Equipment

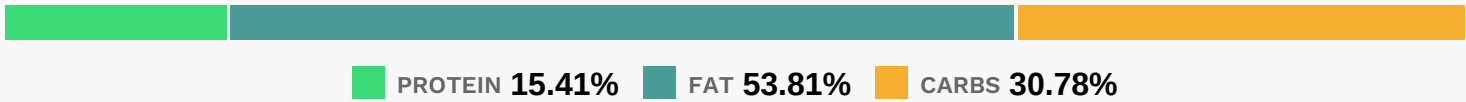
- ☐ bowl

☐ frying pan

## Directions

- ☐ In a 6- to 8-inch frying pan over low heat, stir nuts in oil until golden, 3 to 4 minutes.
- ☐ Add vinegar.
- ☐ Let cool.
- ☐ Pour nut mixture into a wide bowl; add basil and miner's lettuce.
- ☐ Mix and season to taste with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:29.25, Glycemic Load:0.79, Inflammation Score:-7, Nutrition Score:23.993477935376%

## Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

## Nutrients (% of daily need)

Calories: 132.06kcal (6.6%), Fat: 8.86g (13.63%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 11.4g (3.8%), Net Carbohydrates: 3.86g (1.4%), Sugar: 1.71g (1.9%), Cholesterol: 0mg (0%), Sodium: 213.65mg (9.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.42%), Vitamin K: 272.98µg (259.98%), Manganese: 1.78mg (88.95%), Iron: 14.96mg (83.13%), Calcium: 436.7mg (43.67%), Magnesium: 143.24mg (35.81%), Copper: 0.71mg (35.62%), Fiber: 7.54g (30.18%), Folate: 75.81µg (18.95%), Potassium: 534.68mg (15.28%), Vitamin B6: 0.3mg (15.12%), Vitamin E: 2.24mg (14.93%), Vitamin B2: 0.22mg (12.86%), Zinc: 1.89mg (12.58%), Phosphorus: 114.52mg (11.45%), Vitamin A: 472.3IU (9.45%), Vitamin B1: 0.12mg (7.7%), Vitamin B3: 1.24mg (6.18%), Selenium: 3.82µg (5.46%), Vitamin C: 2.13mg (2.59%), Vitamin B5: 0.19mg (1.94%)