



Minted Green Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



12

CALORIES



65 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 pounds boston lettuce
- ☐ 2 carrots
- ☐ 3 cucumber halved lengthwise thinly sliced
- ☐ 0.5 teaspoon sea salt fine
- ☐ 1.5 cups mint leaves packed
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 tablespoons red-wine vinegar
- ☐ 1 the of 1 cos lettuce

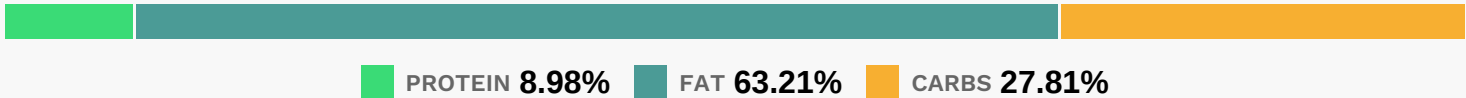
Equipment

- ☐ bowl
- ☐ peeler

Directions

- ☐ Halve carrots crosswise, then shave into wide ribbons using a vegetable peeler. Toss with cucumbers, lettuces, mint, and oil in a large bowl.
- ☐ Sprinkle with sea salt and toss, then sprinkle with vinegar and toss again.

Nutrition Facts



Properties

Glycemic Index:5.15, Glycemic Load:0.49, Inflammation Score:-10, Nutrition Score:11.095651942751%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 65.13kcal (3.26%), Fat: 4.83g (7.43%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 2.85g (1.04%), Sugar: 2.08g (2.31%), Cholesterol: 0mg (0%), Sodium: 110.47mg (4.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.09%), Vitamin A: 4072.5IU (81.45%), Vitamin K: 69.85µg (66.52%), Folate: 63.41µg (15.85%), Manganese: 0.24mg (12.1%), Potassium: 308.29mg (8.81%), Vitamin C: 6.99mg (8.48%), Fiber: 1.93g (7.73%), Iron: 1.24mg (6.91%), Magnesium: 22.52mg (5.63%), Vitamin E: 0.84mg (5.62%), Vitamin B6: 0.11mg (5.39%), Calcium: 48.39mg (4.84%), Vitamin B1: 0.07mg (4.57%), Vitamin B2: 0.08mg (4.49%), Copper: 0.09mg (4.34%), Phosphorus: 43.03mg (4.3%), Vitamin B5: 0.32mg (3.15%), Zinc: 0.33mg (2.23%), Vitamin B3: 0.43mg (2.17%)