

Mixed Green Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



44 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

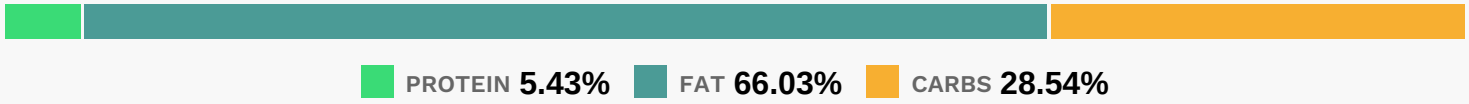
- ☐ 4 servings ground pepper
- ☐ 4 servings kosher salt
- ☐ 1 optional: lemon
- ☐ 1 tablespoon olive oil
- ☐ 1 bag pre-packed salad greens

Equipment

Directions

- ☐ Wash and dry the salad greens and dress them lightly with olive oil and freshly squeezed lemon juice.
- ☐ Sprinkle with kosher salt and freshly ground pepper.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:0.46, Inflammation Score:-4, Nutrition Score:2.8234782802022%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 43.62kcal (2.18%), Fat: 3.6g (5.55%), Saturated Fat: 0.5g (3.11%), Carbohydrates: 3.51g (1.17%), Net Carbohydrates: 2.72g (0.99%), Sugar: 0.68g (0.75%), Cholesterol: 0mg (0%), Sodium: 201.9mg (8.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.33%), Vitamin C: 20.98mg (25.43%), Vitamin A: 333.09IU (6.66%), Vitamin E: 0.55mg (3.64%), Folate: 13.62µg (3.41%), Manganese: 0.06mg (3.18%), Fiber: 0.78g (3.13%), Potassium: 88.11mg (2.52%), Vitamin B6: 0.04mg (2.24%), Vitamin K: 2.27µg (2.16%), Iron: 0.37mg (2.08%), Phosphorus: 15.69mg (1.57%), Magnesium: 5.5mg (1.37%), Vitamin B1: 0.02mg (1.3%), Copper: 0.03mg (1.29%), Vitamin B2: 0.02mg (1.17%), Calcium: 11.36mg (1.14%)