



Mixed Greens Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



88 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons juice of lemon fresh
- ☐ 4 cups salad greens mixed
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon pinenuts toasted

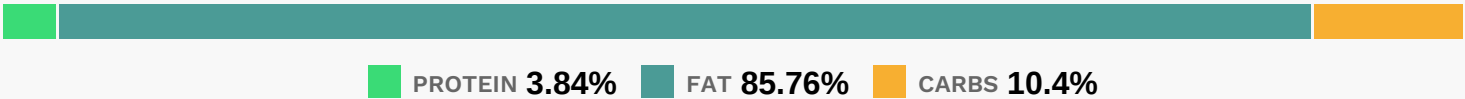
Equipment

- ☐ bowl

Directions

- ☐ Combine lemon juice and olive oil in a large bowl.
- ☐ Add salad greens; toss.
- ☐ Sprinkle with toasted pine nuts.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:3.5799999846065%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 87.58kcal (4.38%), Fat: 8.77g (13.48%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 2.39g (0.8%), Net Carbohydrates: 2.27g (0.82%), Sugar: 0.37g (0.41%), Cholesterol: 0mg (0%), Sodium: 10.7mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.76%), Vitamin C: 13.65mg (16.55%), Manganese: 0.28mg (14.01%), Vitamin A: 455.8IU (9.12%), Vitamin E: 1.26mg (8.39%), Vitamin K: 5.56µg (5.3%), Folate: 17.9µg (4.47%), Phosphorus: 30.88mg (3.09%), Magnesium: 11.35mg (2.84%), Copper: 0.05mg (2.74%), Potassium: 95.38mg (2.73%), Iron: 0.44mg (2.44%), Vitamin B6: 0.04mg (1.98%), Vitamin B3: 0.34mg (1.7%), Zinc: 0.25mg (1.67%), Vitamin B2: 0.03mg (1.61%), Vitamin B1: 0.02mg (1.59%)