



Mixed-Greens Salad with Honey-Lime Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



94 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup vegetable oil
- 1.5 tablespoons cilantro leaves fresh chopped
- 3 tablespoons juice of lime
- 1 tablespoon honey
- 0.8 teaspoon ground cumin
- 0.3 teaspoon salt
- 0.1 teaspoon pepper

- 1 garlic clove finely chopped
- 8 cups the salad mixed
- 1 cup raspberries
- 0.5 small jicama peeled cut into julienne strips (1 cup)
- 2 tablespoons spring onion sliced
- 1 serving lime wedges

Equipment

- bowl

Directions

- In tightly covered container, shake vinaigrette ingredients. Shake again before using.
- In large bowl, toss salad greens, raspberries, jicama, onions and vinaigrette. Just before serving, squeeze juice from lime wedges lightly over salad.

Nutrition Facts

PROTEIN 3.89% **FAT 63.57%** **CARBS 32.54%**

Properties

Glycemic Index:32.03, Glycemic Load:1.54, Inflammation Score:-5, Nutrition Score:4.7856521295465%

Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg,

Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 94.35kcal (4.72%), Fat: 7.01g (10.79%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 8.07g (2.69%), Net Carbohydrates: 5.87g (2.14%), Sugar: 3.37g (3.74%), Cholesterol: 0mg (0%), Sodium: 85.01mg (3.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.93%), Vitamin C: 19.99mg (24.23%), Vitamin K: 17.21µg (16.39%), Vitamin A: 489.62IU (9.79%), Manganese: 0.2mg (9.78%), Fiber: 2.2g (8.8%), Folate: 22.35µg (5.59%), Vitamin E: 0.82mg (5.48%), Potassium: 143.56mg (4.1%), Iron: 0.67mg (3.71%), Magnesium: 12.1mg (3.03%), Vitamin B6: 0.06mg (2.96%), Phosphorus: 27.12mg (2.71%), Copper: 0.05mg (2.58%), Vitamin B2: 0.04mg (2.15%), Vitamin B3: 0.39mg (1.94%), Vitamin B1: 0.03mg (1.71%), Calcium: 16.41mg (1.64%), Zinc: 0.21mg (1.43%), Vitamin B5: 0.14mg (1.41%)