



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

- 1.5 tablespoons cilantro leaves fresh chopped
- 2 tablespoons spring onion sliced
- 0.8 teaspoon ground cumin
- 1 tablespoon honey
- 0.5 small jicama peeled cut into julienne strips (1 cup)
- 3 tablespoons juice of lime
- 8 servings lime wedges

- 0.1 teaspoon pepper
- 1 cup raspberries
- 8 cups the salad mixed
- 0.3 teaspoon salt
- 0.3 cup vegetable oil

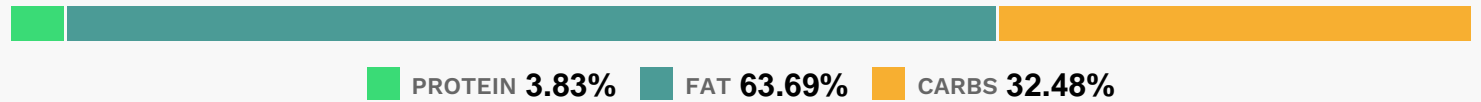
Equipment

- 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



Properties

Glycemic Index:28.28, Glycemic Load:1.53, Inflammation Score:-5, Nutrition Score:4.7621738677439%

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: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 94.06kcal (4.7%), Fat: 7.01g (10.79%), Saturated Fat: 1.06g (6.59%), Carbohydrates: 8.04g (2.68%), Net Carbohydrates: 5.83g (2.12%), Sugar: 3.38g (3.76%), Cholesterol: 0mg (0%), Sodium: 84.97mg (3.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.9%), Vitamin C: 20.13mg (24.4%), Vitamin K: 17.21µg (16.39%), Vitamin A: 490.02IU (9.8%), Manganese: 0.19mg (9.47%), Fiber: 2.22g (8.87%), Folate: 22.41µg (5.6%), Vitamin E: 0.82mg (5.49%), Potassium: 142.95mg (4.08%), Iron: 0.67mg (3.71%), Magnesium: 12.06mg (3.02%), Vitamin B6: 0.05mg (2.75%), Phosphorus: 26.7mg (2.67%), Copper: 0.05mg (2.55%), Vitamin B2: 0.04mg (2.14%), Vitamin B3: 0.39mg (1.93%), Vitamin B1: 0.03mg (1.68%), Calcium: 16.02mg (1.6%), Vitamin B5: 0.14mg (1.41%), Zinc: 0.21mg (1.4%)