



Mixed Greens With Honey-Basil Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



60 kcal

SIDE DISH

Ingredients

- ☐ 2 cups tightly torn curly leaf lettuce packed
- ☐ 1 tablespoon basil fresh chopped
- ☐ 2 tablespoons basil leaves fresh
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 teaspoon olive oil
- ☐ 2 plum tomatoes ripe
- ☐ 0.1 teaspoon salt

Equipment

☐ bowl

Directions

- ☐ Cut each tomato in half lengthwise; push seeds out with thumbs.
- ☐ Cut each half into thin strips.
- ☐ Place in a large bowl; add lettuce and basil leaves, and set aside.
- ☐ Combine chopped basil and next 4 ingredients in a jar; cover tightly, and shake vigorously.
- ☐ Pour over lettuce mixture; toss gently.

Nutrition Facts



Properties

Glycemic Index:115.14, Glycemic Load:5.17, Inflammation Score:-9, Nutrition Score:9.1465217108312%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 59.88kcal (2.99%), Fat: 1.2g (1.85%), Saturated Fat: 0.16g (1.03%), Carbohydrates: 12.81g (4.27%), Net Carbohydrates: 11.5g (4.18%), Sugar: 10.67g (11.85%), Cholesterol: 0mg (0%), Sodium: 159.23mg (6.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.39%), Vitamin A: 3344.26IU (66.89%), Vitamin K: 63.35µg (60.34%), Vitamin C: 14.65mg (17.76%), Manganese: 0.21mg (10.26%), Potassium: 239.9mg (6.85%), Folate: 25.98µg (6.49%), Fiber: 1.31g (5.24%), Vitamin B6: 0.09mg (4.6%), Vitamin E: 0.6mg (3.99%), Magnesium: 14.23mg (3.56%), Iron: 0.63mg (3.5%), Vitamin B1: 0.05mg (3.4%), Copper: 0.06mg (3.22%), Phosphorus: 28.47mg (2.85%), Vitamin B2: 0.05mg (2.82%), Vitamin B3: 0.55mg (2.77%), Calcium: 26.25mg (2.63%), Zinc: 0.22mg (1.49%), Vitamin B5: 0.13mg (1.26%)