



## Mixed Greens with Lime Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



107 kcal

SIDE DISH

### Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 teaspoon garlic powder
- ☐ 6 cups lettuce greens mixed
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 tablespoons juice of lime fresh
- ☐ 3 tablespoons olive oil
- ☐ 0.3 teaspoon salt

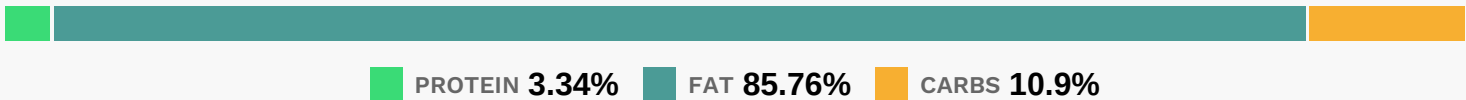
# Equipment

☐ bowl

# Directions

- ☐ Place lettuce in a large bowl.
- ☐ In a jar with a lid, shake together remaining ingredients.
- ☐ Pour desired amount of vinaigrette over greens just before serving. There will be leftover dressing.

# Nutrition Facts



# Properties

Glycemic Index:18.5, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:3.850434852683%

# 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: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 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: 107.08kcal (5.35%), Fat: 10.62g (16.34%), Saturated Fat: 1.46g (9.15%), Carbohydrates: 3.04g (1.01%), Net Carbohydrates: 2.88g (1.05%), Sugar: 0.16g (0.17%), Cholesterol: 0mg (0%), Sodium: 175.51mg (7.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.86%), Vitamin C: 16.19mg (19.62%), Vitamin A: 688.51IU (13.77%), Vitamin E: 1.54mg (10.27%), Vitamin K: 6.6µg (6.28%), Manganese: 0.12mg (5.95%), Folate: 23.25µg (5.81%), Potassium: 122.36mg (3.5%), Iron: 0.58mg (3.23%), Vitamin B6: 0.06mg (2.94%), Phosphorus: 28.17mg (2.82%), Magnesium: 8.76mg (2.19%), Vitamin B2: 0.03mg (1.95%), Copper: 0.04mg (1.89%), Vitamin B3: 0.36mg (1.79%), Vitamin B1: 0.02mg (1.65%), Calcium: 11.85mg (1.18%), Selenium: 0.78µg (1.11%), Zinc: 0.16mg (1.06%)