



Mixed Greens with Lime Vinaigrette

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

7 min.

SERVINGS

servings

4

CALORIES

calories

129 kcal

SIDE DISH

Ingredients

- ☐ 1 avocado peeled cut into 8 slices
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup cherry tomatoes halved
- ☐ 0.5 teaspoon lime rind grated
- ☐ 6 cups baby greens mixed
- ☐ 1 tablespoon olive oil
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons citrus champagne vinegar

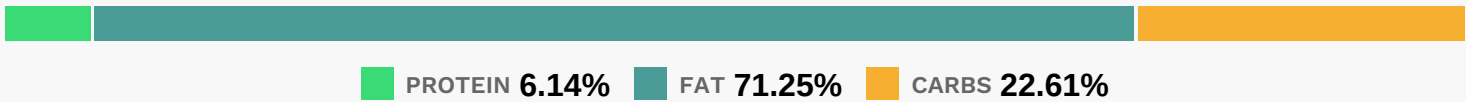
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a small bowl, stirring well with a whisk.
- ☐ Arrange greens evenly on plates. Top evenly with avocado and tomato.
- ☐ Drizzle evenly with dressing.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.39, Inflammation Score:-7, Nutrition Score:8.6852174038472%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 129.46kcal (6.47%), Fat: 10.97g (16.88%), Saturated Fat: 1.57g (9.79%), Carbohydrates: 7.84g (2.61%), Net Carbohydrates: 4.17g (1.52%), Sugar: 1.26g (1.4%), Cholesterol: 0mg (0%), Sodium: 96.59mg (4.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.25%), Vitamin C: 27.55mg (33.39%), Vitamin A: 937.93IU (18.76%), Folate: 67.79µg (16.95%), Fiber: 3.67g (14.66%), Vitamin K: 13.91µg (13.25%), Potassium: 433.01mg (12.37%), Vitamin E: 1.75mg (11.7%), Manganese: 0.22mg (10.91%), Vitamin B6: 0.21mg (10.35%), Vitamin B5: 0.82mg (8.2%), Copper: 0.16mg (7.8%), Vitamin B3: 1.4mg (7.02%), Magnesium: 25.06mg (6.26%), Vitamin B2: 0.1mg (6.11%), Phosphorus: 60.8mg (6.08%), Iron: 0.98mg (5.42%), Vitamin B1: 0.07mg (4.35%), Zinc: 0.5mg (3.36%), Calcium: 19.09mg (1.91%)