



Mixed Greens with Raspberry Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 3 garlic clove pressed
- ☐ 0.8 teaspoon ground pepper red
- ☐ 0.8 cup juice of lime
- ☐ 4 cups the salad mixed
- ☐ 0.8 cup raspberry jam seedless
- ☐ 0.8 teaspoon salt
- ☐ 3 tablespoons vegetable oil

Equipment

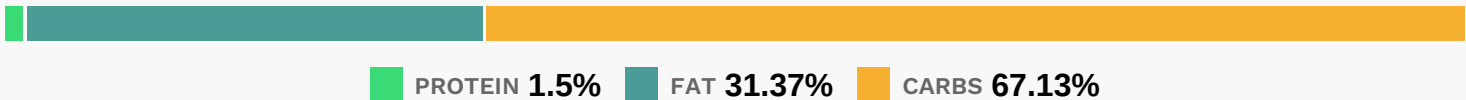
☐ blender

Directions

☐ Process first 6 ingredients in a blender until smooth. Cover and chill 2 hours.

☐ Drizzle over salad greens.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:16.01, Inflammation Score:-4, Nutrition Score:3.9282608446868%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 193.12kcal (9.66%), Fat: 6.92g (10.65%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 33.33g (11.11%), Net Carbohydrates: 32.64g (11.87%), Sugar: 21.16g (23.52%), Cholesterol: 0mg (0%), Sodium: 312.15mg (13.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.49%), Vitamin C: 19.66mg (23.83%), Vitamin K: 12.91µg (12.3%), Vitamin A: 422.22IU (8.44%), Vitamin E: 0.75mg (5%), Manganese: 0.09mg (4.62%), Folate: 17.88µg (4.47%), Potassium: 125.09mg (3.57%), Copper: 0.07mg (3.48%), Vitamin B6: 0.07mg (3.3%), Vitamin B2: 0.05mg (3.18%), Fiber: 0.69g (2.75%), Phosphorus: 25.74mg (2.57%), Iron: 0.45mg (2.51%), Calcium: 19.47mg (1.95%), Magnesium: 7.82mg (1.95%), Vitamin B1: 0.03mg (1.75%), Selenium: 1.22µg (1.75%), Vitamin B3: 0.24mg (1.19%)