



Mixed Greens with Raspberry Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



33 kcal

SIDE DISH

Ingredients



0.3 cup cucumber sliced



3 cups salad greens mixed



2 tablespoons raspberry vinaigrette fat-free



0.3 cup onion red sliced

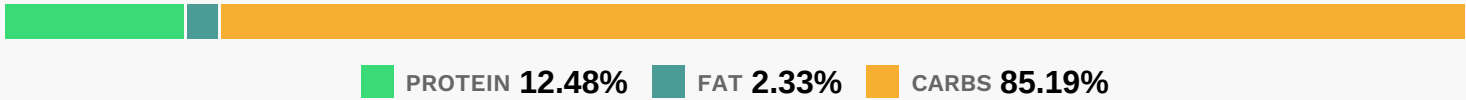
Equipment

Directions

- ☐
- Combine first 3 ingredients.

☐☐

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:3.4773912765086%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 33.05kcal (1.65%), Fat: 0.09g (0.14%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 7.29g (2.43%), Net Carbohydrates: 6.84g (2.49%), Sugar: 4.21g (4.68%), Cholesterol: 0mg (0%), Sodium: 146.71mg (6.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.14%), Vitamin C: 15.93mg (19.31%), Vitamin A: 693.97IU (13.88%), Folate: 28.33µg (7.08%), Manganese: 0.13mg (6.31%), Potassium: 155.01mg (4.43%), Vitamin B6: 0.08mg (4.02%), Phosphorus: 32.69mg (3.27%), Magnesium: 10.6mg (2.65%), Iron: 0.46mg (2.54%), Copper: 0.05mg (2.48%), Vitamin B2: 0.04mg (2.33%), Vitamin B1: 0.03mg (2.16%), Fiber: 0.46g (1.83%), Vitamin B3: 0.36mg (1.8%), Calcium: 14.73mg (1.47%), Vitamin B5: 0.14mg (1.37%), Zinc: 0.19mg (1.26%), Vitamin K: 1.28µg (1.22%)