



Mixed Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



202 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 ounce sack romaine and greens mixed chopped
- ☐ 1 tablespoon onion and juice white grated
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 radishes sliced
- ☐ 4 servings salt and pepper
- ☐ 2 tablespoons sesame seed
- ☐ 1 teaspoon sugar
- ☐ 1 teaspoon paprika sweet

☐ 3 tablespoons vinegar

Equipment

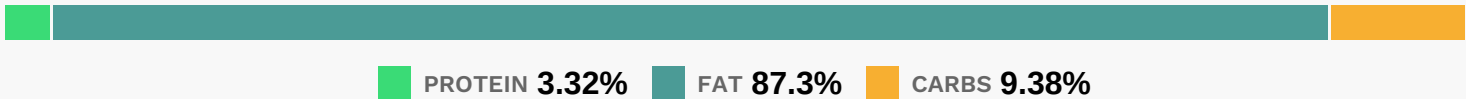
☐ bowl

☐ whisk

Directions

- ☐ Mix greens and radishes. In a small bowl, combine the vinegar, sugar, paprika and onions juice.
- ☐ Whisk in extra-virgin olive oil. Season the dressing with salt and pepper, to taste. Dress and toss salad then sprinkle with sesame seeds (optional) and serve.

Nutrition Facts



Properties

Glycemic Index:57.27, Glycemic Load:0.95, Inflammation Score:-7, Nutrition Score:6.7047826259033%

Flavonoids

Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 202.44kcal (10.12%), Fat: 20.11g (30.94%), Saturated Fat: 2.78g (17.39%), Carbohydrates: 4.86g (1.62%), Net Carbohydrates: 4.11g (1.49%), Sugar: 1.25g (1.39%), Cholesterol: 0mg (0%), Sodium: 215.27mg (9.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.44%), Vitamin A: 1052.09IU (21.04%), Vitamin C: 17.22mg (20.88%), Vitamin E: 2.75mg (18.32%), Manganese: 0.22mg (11.18%), Vitamin K: 11.3µg (10.76%), Copper: 0.21mg (10.31%), Folate: 31.82µg (7.96%), Iron: 1.26mg (7%), Magnesium: 23.5mg (5.88%), Phosphorus: 56.38mg (5.64%), Vitamin B6: 0.1mg (5.24%), Calcium: 51.96mg (5.2%), Potassium: 165.47mg (4.73%), Vitamin B1: 0.06mg (3.75%), Zinc: 0.5mg (3.32%), Vitamin B3: 0.63mg (3.17%), Vitamin B2: 0.05mg (3.17%), Fiber: 0.75g (3.01%), Selenium: 1.79µg (2.56%), Vitamin B5: 0.11mg (1.09%)