

health-score 90%

HEALTH SCORE

Mixed Salad with Tarragon

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

15 min.

SERVINGS

servings

4

CALORIES

calories

220 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cucumber seedless with peel left on) seeded thinly sliced
- ☐ 3 tablespoons tarragon leaves dried fresh chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 small onion or red thinly sliced
- ☐ 2 medium baby greens washed and chopped
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 servings sesame seed for garnish
- ☐ 1 tomatoes ripe thinly sliced quartered

☐ 2 tablespoons white wine

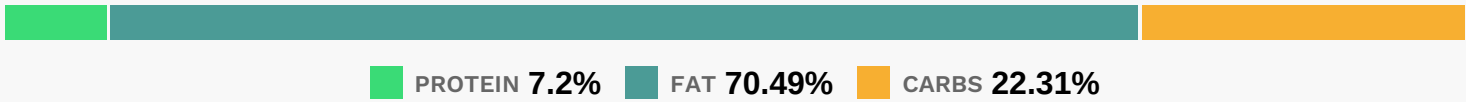
Equipment

☐ bowl

Directions

- ☐ Combine all the vegetables and tarragon in a serving bowl. Dress salad with vinegar, oil, and salt and pepper, to taste.
- ☐ Garnish the salad with lots of sesame seeds when ready to serve.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:3.47, Inflammation Score:-10, Nutrition Score:19.243913173676%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg

Nutrients (% of daily need)

Calories: 219.72kcal (10.99%), Fat: 18.16g (27.93%), Saturated Fat: 2.58g (16.1%), Carbohydrates: 12.92g (4.31%), Net Carbohydrates: 9.36g (3.4%), Sugar: 4.49g (4.99%), Cholesterol: 0mg (0%), Sodium: 14.17mg (0.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.35%), Vitamin A: 5438.99IU (108.78%), Vitamin K: 74.89µg (71.33%), Manganese: 0.83mg (41.3%), Folate: 111.46µg (27.87%), Copper: 0.44mg (21.84%), Iron: 3.8mg (21.09%), Calcium: 174.58mg (17.46%), Magnesium: 66.35mg (16.59%), Vitamin B6: 0.3mg (15.22%), Vitamin E: 2.22mg (14.81%), Vitamin C: 12.18mg (14.77%), Potassium: 514.12mg (14.69%), Fiber: 3.57g (14.27%), Phosphorus: 109.74mg (10.97%), Vitamin B1: 0.15mg (10.09%), Vitamin B2: 0.15mg (9.04%), Zinc: 1.14mg (7.58%), Vitamin B3: 1.26mg (6.3%), Selenium: 3.46µg (4.95%), Vitamin B5: 0.24mg (2.44%)