



Mushroom, Radish, and Bibb Lettuce Salad with Avocado Dressing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



177 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 avocado ripe
- ☐ 4 heads boston lettuce
- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.3 cup flat parsley fresh packed
- ☐ 2 tablespoons cup heavy whipping cream
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 6 ounces mushrooms

- ☐ 0.3 cup olive oil
- ☐ 1 cup radishes
- ☐ 0.8 teaspoon salt
- ☐ 0.5 teaspoon sugar

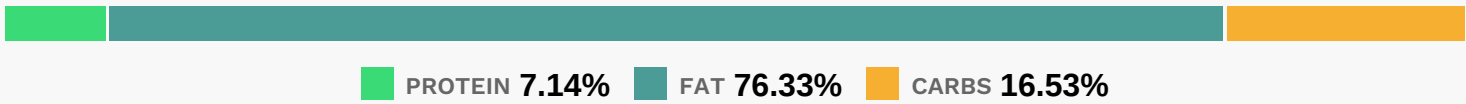
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Pit and peel avocado and mash enough to measure 1/4 cup. In a blender purée mashed avocado with remaining dressing ingredients until smooth.
- ☐ Discard any discolored lettuce leaves. Separately cut mushrooms and radishes into thin slices. In a small bowl combine mushrooms and 2 tablespoons dressing and toss to coat. Divide lettuce among 6 salad bowls or plates and top with mushrooms, radishes, and parsley.
- ☐ Drizzle salads with some remaining dressing.

Nutrition Facts



Properties

Glycemic Index:39.68, Glycemic Load:0.82, Inflammation Score:-10, Nutrition Score:17.336956625399%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Pelargonidin: 12.21mg, Pelargonidin: 12.21mg, Pelargonidin: 12.21mg, Pelargonidin: 12.21mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 177.15kcal (8.86%), Fat: 16.13g (24.82%), Saturated Fat: 3.16g (19.77%), Carbohydrates: 7.86g (2.62%), Net Carbohydrates: 3.71g (1.35%), Sugar: 2.8g (3.11%), Cholesterol: 5.65mg (1.88%), Sodium: 314.99mg (13.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.79%), Vitamin K: 165.04µg (157.18%), Vitamin A: 3934IU (78.68%), Folate: 121.14µg (30.29%), Vitamin C: 16.12mg (19.54%), Potassium: 580.83mg (16.6%), Fiber: 4.15g (16.59%), Vitamin E: 2.26mg (15.08%), Vitamin B2: 0.25mg (14.43%), Manganese: 0.28mg (13.79%), Vitamin B6: 0.22mg (11.25%), Vitamin B5: 1.12mg (11.15%), Iron: 1.96mg (10.9%), Vitamin B3: 2.09mg (10.43%), Copper: 0.19mg (9.32%), Phosphorus: 86.73mg (8.67%), Vitamin B1: 0.11mg (7.65%), Magnesium: 30.43mg (7.61%), Calcium: 55.32mg (5.53%), Selenium: 3.84µg (5.49%), Zinc: 0.68mg (4.52%)