



Pub Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



100 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

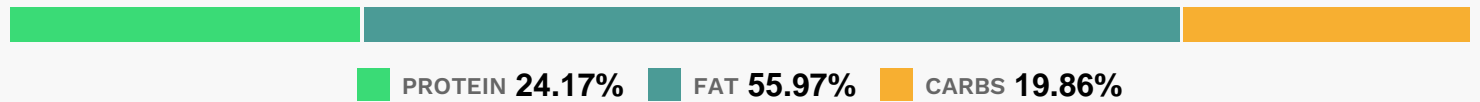
- 4 cups torn boston lettuce (2 small heads)
- 0.3 cup celery diced
- 0.5 cup cucumber peeled thinly sliced
- 1 large hard-cooked egg sliced
- 0.3 cup onion diced
- 0.5 cup pickled beets sliced
- 2 ounces sharp cheddar cheese shredded reduced-fat
- 4 servings creamy tarragon dressing

Equipment

Directions

- Arrange 1 cup lettuce on each of 4 salad plates; top with beets, cucumber, egg, celery, and onion.
- Drizzle 2 tablespoons dressing over each; sprinkle with 2 tablespoons cheese.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:0.66, Inflammation Score:-8, Nutrition Score:10.259130332781%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 100.12kcal (5.01%), Fat: 6.41g (9.85%), Saturated Fat: 3.18g (19.86%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 3.72g (1.35%), Sugar: 2.57g (2.85%), Cholesterol: 60.8mg (20.27%), Sodium: 158.33mg (6.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.45%), Vitamin K: 54.66µg (52.05%), Vitamin A: 1950.64IU (39.01%), Folate: 60.17µg (15.04%), Calcium: 145.7mg (14.57%), Manganese: 0.27mg (13.32%), Selenium: 8.4µg (12.01%), Phosphorus: 117.57mg (11.76%), Vitamin B2: 0.19mg (11.18%), Iron: 1.57mg (8.73%), Potassium: 260.94mg (7.46%), Vitamin B6: 0.13mg (6.36%), Zinc: 0.89mg (5.92%), Magnesium: 22.35mg (5.59%), Vitamin C: 4.6mg (5.58%), Fiber: 1.39g (5.58%), Vitamin B12: 0.29µg (4.82%), Vitamin B5: 0.41mg (4.09%), Vitamin B1: 0.06mg (3.77%), Copper: 0.05mg (2.58%), Vitamin D: 0.36µg (2.4%), Vitamin E: 0.36mg (2.37%), Vitamin B3: 0.35mg (1.77%)