



WHATSheATE



HEALTH SCORE

100%

Purslane and Parsley Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



825 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 cups tender purslane sprigs and leaves packed (from a 1-pound bunch)
- ☐ 4 cups flat-leaf parsley leaves packed (from 2 large bunches)
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 tablespoons olive oil
- ☐ 1 tablespoon shallots finely chopped
- ☐ 0.5 pound if assorted halved quartered (preferably heirloom varieties)

Equipment

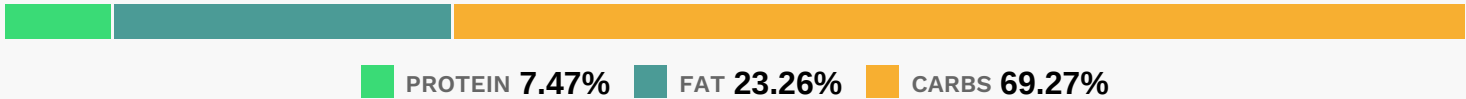
- ☐ bowl

- ☐ paper towels
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ Whisk together oil, lemon juice, shallot, and 1/4 teaspoon each of salt and pepper in a large bowl.
- ☐ Add tomatoes, purslane, and parsley, gently tossing to coat.
- ☐ Herbs and greens can be washed and dried 1 day ahead, then chilled in sealed plastic bags lined with paper towels. Toss with tomatoes and vinaigrette just before serving.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.46, Inflammation Score:-10, Nutrition Score:55.776521620543%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 86.19mg, Apigenin: 86.19mg, Apigenin: 86.19mg, Apigenin: 86.19mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 5.94mg, Myricetin: 5.94mg, Myricetin: 5.94mg, Myricetin: 5.94mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 825.35kcal (41.27%), Fat: 27.14g (41.76%), Saturated Fat: 6.42g (40.12%), Carbohydrates: 181.87g (60.62%), Net Carbohydrates: 118g (42.91%), Sugar: 1.48g (1.64%), Cholesterol: 0mg (0%), Sodium: 81.34mg (3.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.6g (39.2%), Manganese: 19.43mg (971.55%), Vitamin K: 661.29µg (629.8%), Iron: 104.53mg (580.73%), Vitamin A: 18187.63IU (363.75%), Fiber: 63.87g (255.47%), Vitamin C: 172.93mg (209.62%), Vitamin B6: 4.19mg (209.47%), Calcium: 2033.34mg (203.33%), Folate: 492.64µg (123.16%), Magnesium: 307.81mg (76.95%), Zinc: 9.24mg (61.62%), Vitamin B2: 1.04mg (61.43%), Copper: 1.07mg (53.7%), Potassium: 1563.76mg (44.68%), Phosphorus: 302.33mg (30.23%), Vitamin B3: 5.47mg (27.37%), Vitamin E: 1.52mg (10.16%), Selenium: 6.88µg (9.82%), Vitamin B1: 0.07mg (4.73%), Vitamin B5: 0.22mg (2.17%)