



Purslane, Mint, and Lettuce Salad with Spicy Yogurt Dressing

 Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



851 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups purslane leaves and tender stems
- ☐ 4 cups boston lettuce leaves loosely packed
- ☐ 1 cup torn frisée
- ☐ 1 large garlic clove minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 tablespoons peppermint chopped

- ☐ 1.3 cups persian seedless thinly sliced
- ☐ 0.3 cup yogurt plain
- ☐ 0.5 tsp chile flakes red

Equipment

- ☐ bowl
- ☐ whisk
- ☐ chefs knife

Directions

- ☐ Put purslane, butter lettuce, frise, cucumber, and mint in a large serving bowl.
- ☐ Sprinkle garlic with salt, then mash into a paste with the flat side of a chef's knife. Scrape paste into a bowl and whisk with oil, yogurt, and chile flakes.
- ☐ Pour dressing over greens and toss gently but thoroughly.
- ☐ * Peppermint is much stronger than the common grocery-store spearmint, with darker, more elongated leaves and purplish stems. Find it at well-stocked grocery stores (or grow your own).

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:5.1, Inflammation Score:-10, Nutrition Score:57.860434906962%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 851.07kcal (42.55%), Fat: 24.41g (37.55%), Saturated Fat: 6.29g (39.34%), Carbohydrates: 192.49g (64.16%), Net Carbohydrates: 126.9g (46.15%), Sugar: 8.59g (9.54%), Cholesterol: 1.99mg (0.66%), Sodium:

374.55mg (16.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.23g (44.47%), Manganese: 19.84mg (992.15%), Iron: 104.96mg (583.09%), Vitamin A: 23306.87IU (466.14%), Vitamin K: 286.97µg (273.31%), Fiber: 65.59g (262.36%), Vitamin B6: 4.36mg (217.81%), Calcium: 2094.57mg (209.46%), Folate: 615.76µg (153.94%), Vitamin C: 122.99mg (149.08%), Magnesium: 325.04mg (81.26%), Vitamin B2: 1.19mg (70.05%), Zinc: 9.45mg (63.03%), Potassium: 1946.62mg (55.62%), Copper: 1.08mg (53.93%), Phosphorus: 375.54mg (37.55%), Vitamin B3: 5.73mg (28.64%), Selenium: 8.67µg (12.39%), Vitamin B1: 0.18mg (11.93%), Vitamin E: 1.33mg (8.85%), Vitamin B5: 0.65mg (6.5%)