



Rabbit-Out-of-the-Hat Salad

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



148 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

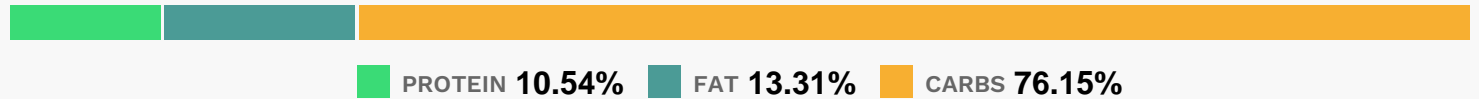
- 16 almonds sliced
- 1 cup curd cottage cheese
- 8 romaine leaves
- 8 pears chilled canned
- 16 raisins
- 8 cinnamon candies red

Equipment

Directions

- Place 1 lettuce leaf on each salad plate.
- Place 1 pear half, cut side down, on each lettuce leaf.
- Arrange 2 raisins for eyes, 1 candy for nose and 2 almonds for ears on narrow end of each pear half to make rabbit face.
- Place 2 tablespoons cottage cheese at opposite end of each pear half for tail.

Nutrition Facts



Properties

Glycemic Index:16.57, Glycemic Load:8.59, Inflammation Score:-8, Nutrition Score:7.6647825467846%

Flavonoids

Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 148.25kcal (7.41%), Fat: 2.38g (3.66%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 30.66g (10.22%), Net Carbohydrates: 24.59g (8.94%), Sugar: 19.07g (21.18%), Cholesterol: 4.46mg (1.49%), Sodium: 91.49mg (3.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.49%), Vitamin A: 1858.23IU (37.16%), Fiber: 6.08g (24.3%), Vitamin C: 12.03mg (14.58%), Manganese: 0.21mg (10.32%), Copper: 0.18mg (8.86%), Potassium: 303.25mg (8.66%), Vitamin B2: 0.14mg (8.1%), Phosphorus: 80.43mg (8.04%), Vitamin K: 7.83µg (7.46%), Folate: 25.64µg (6.41%), Magnesium: 23.38mg (5.84%), Vitamin E: 0.82mg (5.46%), Calcium: 52.11mg (5.21%), Vitamin B6: 0.09mg (4.62%), Selenium: 2.96µg (4.22%), Vitamin B1: 0.06mg (3.84%), Iron: 0.65mg (3.64%), Zinc: 0.4mg (2.63%), Vitamin B3: 0.49mg (2.46%), Vitamin B5: 0.24mg (2.43%), Vitamin B12: 0.11µg (1.88%)