



## Red Lettuce Salad with Citrus Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



58 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup cranberries dried
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 1.5 tablespoons grapefruit juice fresh
- ☐ 1 teaspoon honey
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 8 cups torn leaf lettuce red

- ☐ 1.5 tablespoons orange juice fresh
- ☐ 2 cups torn radicchio
- ☐ 1 tablespoon roasted sunflower seed kernels
- ☐ 0.3 teaspoon salt

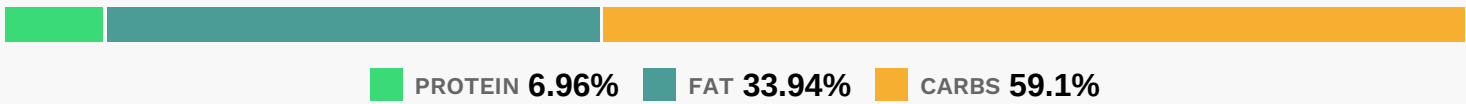
## Equipment

- ☐ bowl
- ☐ whisk

## Directions

- ☐ Combine first 8 ingredients in a large bowl, stirring with a whisk.
- ☐ Add lettuce and remaining ingredients; toss gently to coat.

## Nutrition Facts



## Properties

Glycemic Index:30.71, Glycemic Load:0.94, Inflammation Score:-9, Nutrition Score:9.2195651064748%

## Flavonoids

Cyanidin: 18.14mg, Cyanidin: 18.14mg, Cyanidin: 18.14mg, Cyanidin: 18.14mg Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 5.42mg, Luteolin: 5.42mg, Luteolin: 5.42mg, Luteolin: 5.42mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg

## Nutrients (% of daily need)

Calories: 58.05kcal (2.9%), Fat: 2.4g (3.68%), Saturated Fat: 0.33g (2.06%), Carbohydrates: 9.38g (3.13%), Net Carbohydrates: 8.32g (3.03%), Sugar: 6.96g (7.74%), Cholesterol: 0mg (0%), Sodium: 121.95mg (5.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.21%), Vitamin K: 87.77µg (83.59%), Vitamin A: 2810.2IU (56.2%), Vitamin E: 1.3mg (8.67%), Manganese: 0.16mg (7.96%), Vitamin C: 6.37mg (7.72%), Folate: 26.94µg (6.73%), Copper: 0.09mg (4.71%), Fiber: 1.06g (4.25%), Potassium: 139.14mg (3.98%), Iron: 0.67mg (3.72%), Phosphorus: 36.73mg (3.67%), Vitamin B6: 0.06mg (3.19%), Selenium: 2.04µg (2.92%), Vitamin B1: 0.04mg (2.44%), Magnesium: 9.71mg

(2.43%), Vitamin B2: 0.04mg (2.43%), Vitamin B5: 0.24mg (2.36%), Calcium: 18.69mg (1.87%), Zinc: 0.26mg (1.75%),  
Vitamin B3: 0.29mg (1.46%)