



## Romaine and Sweet Onion Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



8 min.

SERVINGS



4

CALORIES



33 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1.5 cups cucumber english (1 small)
- 1.5 cups grape tomatoes halved
- 1 cup onion sweet vertically sliced
- 0.3 cup vidalia onion vinaigrette sweet (such as Ken's Healthy Options)

### Equipment

- bowl

## Directions

- Combine onion, tomato, and cucumber in a bowl.
- Add dressing; toss well.

## Nutrition Facts



## Properties

Glycemic Index:9.5, Glycemic Load:0.57, Inflammation Score:-6, Nutrition Score:4.1839130728141%

## Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg

## Nutrients (% of daily need)

Calories: 32.97kcal (1.65%), Fat: 0.2g (0.3%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 7.62g (2.54%), Net Carbohydrates: 6.27g (2.28%), Sugar: 4.8g (5.33%), Cholesterol: 0mg (0%), Sodium: 7.84mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.34%), Vitamin C: 11.31mg (13.71%), Vitamin K: 10.97µg (10.45%), Vitamin A: 506.92IU (10.14%), Potassium: 253.22mg (7.23%), Manganese: 0.14mg (6.75%), Vitamin B6: 0.13mg (6.48%), Folate: 23.38µg (5.84%), Fiber: 1.35g (5.38%), Magnesium: 16.02mg (4%), Copper: 0.08mg (3.94%), Phosphorus: 37.17mg (3.72%), Vitamin B1: 0.05mg (3.54%), Calcium: 22.49mg (2.25%), Iron: 0.4mg (2.22%), Vitamin B3: 0.44mg (2.21%), Vitamin E: 0.32mg (2.16%), Vitamin B5: 0.2mg (2.03%), Vitamin B2: 0.03mg (2.01%), Zinc: 0.24mg (1.62%)