



 **54%**
HEALTH SCORE

Romaine-Mushroom Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



55 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 teaspoons olive oil extravirgin
- 1 tablespoon juice of lemon fresh ()
- 0.5 cup mushrooms sliced
- 0.3 teaspoon pepper
- 3 cups romaine lettuce shredded
- 0.3 teaspoon salt

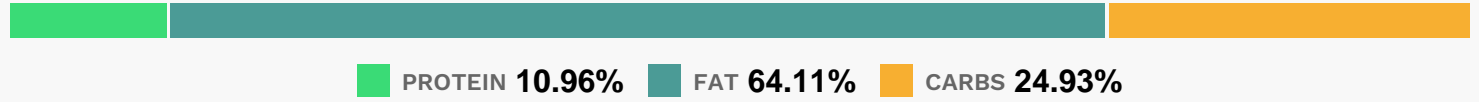
Equipment

- bowl

Directions

- Combine first 4 ingredients in a medium bowl.
- Add lettuce and mushrooms. Toss well.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.2, Inflammation Score:-10, Nutrition Score:12.421739100114%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 54.9kcal (2.75%), Fat: 4.32g (6.65%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 3.78g (1.26%), Net Carbohydrates: 1.97g (0.72%), Sugar: 1.5g (1.67%), Cholesterol: 0mg (0%), Sodium: 297.73mg (12.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Vitamin A: 6142.37IU (122.85%), Vitamin K: 75.08µg (71.5%), Folate: 101.5µg (25.38%), Vitamin B2: 0.15mg (8.55%), Manganese: 0.15mg (7.7%), Vitamin C: 6.23mg (7.55%), Potassium: 261.6mg (7.47%), Fiber: 1.81g (7.22%), Copper: 0.11mg (5.75%), Vitamin B3: 1.1mg (5.48%), Vitamin B1: 0.07mg (4.82%), Iron: 0.86mg (4.77%), Vitamin B5: 0.47mg (4.73%), Vitamin E: 0.68mg (4.56%), Phosphorus: 42.78mg (4.28%), Vitamin B6: 0.08mg (4.07%), Selenium: 2.53µg (3.62%), Magnesium: 12.91mg (3.23%), Calcium: 25.76mg (2.58%), Zinc: 0.29mg (1.96%)