



## Russian Garden Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



203 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 large cucumber sliced
- 0.5 cup parsley fresh chopped
- 2 tablespoons juice of lemon
- 1 tablespoon olive oil extra-virgin
- 1 onion sliced
- 10 romaine lettuce leaves chopped
- 1 tablespoon salt
- 1 cup heavy whipping cream sour

4 tomatoes chopped

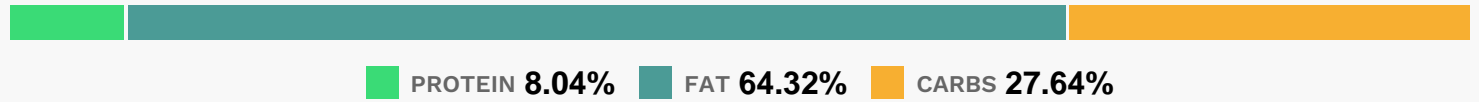
## Equipment

bowl

## Directions

- Toss the romaine lettuce, tomatoes, cucumber, onion, and parsley together in a large bowl; season with salt.
- Drizzle the lemon juice and olive oil over the salad; stir.
- Add the sour cream and mix until evenly coated.

## Nutrition Facts



## Properties

Glycemic Index:28, Glycemic Load:2.05, Inflammation Score:-10, Nutrition Score:19.99652176318%

## 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: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg

## Nutrients (% of daily need)

Calories: 202.58kcal (10.13%), Fat: 15.33g (23.58%), Saturated Fat: 6.39g (39.91%), Carbohydrates: 14.82g (4.94%), Net Carbohydrates: 10.65g (3.87%), Sugar: 8.41g (9.35%), Cholesterol: 33.92mg (11.31%), Sodium: 1780.53mg (77.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.62%), Vitamin K: 212.59µg (202.46%), Vitamin A: 8163.02IU (163.26%), Vitamin C: 37.32mg (45.24%), Folate: 145.02µg (36.26%), Potassium: 721.3mg (20.61%), Manganese: 0.36mg (17.95%), Fiber: 4.17g (16.69%), Vitamin B6: 0.25mg (12.63%), Phosphorus: 121.85mg (12.18%), Calcium: 121.51mg (12.15%), Vitamin B2: 0.2mg (11.78%), Magnesium: 44.47mg (11.12%), Vitamin E: 1.57mg (10.48%), Vitamin B1: 0.15mg (10%), Iron: 1.77mg (9.83%), Copper: 0.19mg (9.53%), Vitamin B5: 0.64mg (6.44%), Vitamin B3: 1.17mg (5.83%), Zinc: 0.81mg (5.43%), Selenium: 2.63µg (3.76%), Vitamin B12: 0.12µg (2.01%)