



## Salad Greens With Cranberry Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



42 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 4 teaspoons cranberry juice cocktail
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon red wine vinegar
- ☐ 2 cups torn romaine lettuce
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon sugar

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0.5 cup julienne-cut zucchini

## Equipment

☐

bowl

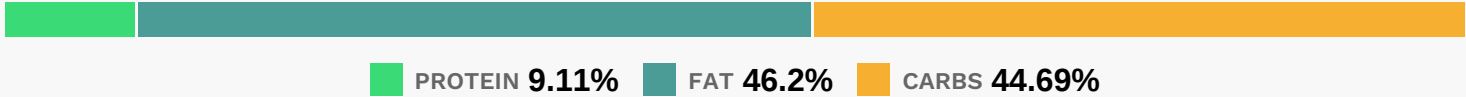
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whisk

## Directions

- ☐ Combine first 7 ingredients in a small bowl; stir well with a whisk.
- ☐ Combine lettuce and zucchini in a bowl; add vinaigrette, and toss salad well.

## Nutrition Facts



## Properties

Glycemic Index:104.55, Glycemic Load:1.63, Inflammation Score:-10, Nutrition Score:9.4013045611589%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

## Nutrients (% of daily need)

Calories: 41.5kcal (2.08%), Fat: 2.3g (3.54%), Saturated Fat: 0.33g (2.04%), Carbohydrates: 5.01g (1.67%), Net Carbohydrates: 3.62g (1.32%), Sugar: 3.54g (3.93%), Cholesterol: 0mg (0%), Sodium: 165.71mg (7.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.04%), Vitamin A: 4158.07IU (83.16%), Vitamin K: 51.04µg (48.61%), Folate: 71.47µg (17.87%), Vitamin C: 11.67mg (14.15%), Manganese: 0.15mg (7.73%), Potassium: 202.49mg (5.79%), Fiber: 1.38g (5.53%), Vitamin B6: 0.09mg (4.33%), Vitamin B2: 0.06mg (3.64%), Iron: 0.63mg (3.51%), Vitamin B1: 0.05mg (3.35%), Magnesium: 13.13mg (3.28%), Phosphorus: 27.63mg (2.76%), Vitamin E: 0.41mg (2.76%), Calcium: 22.31mg (2.23%), Copper: 0.04mg (2.14%), Vitamin B3: 0.3mg (1.5%), Zinc: 0.22mg (1.47%), Vitamin B5: 0.14mg (1.41%), Selenium: 0.71µg (1.01%)