



Shredded greens salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



72 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 lime
- ☐ 2 apple green cut into matchsticks
- ☐ 2 fennel bulb cut into matchsticks
- ☐ 1 cucumber deseeded cut into matchsticks
- ☐ 3 celery stalks cut into matchsticks
- ☐ 6 spring onion cut into matchsticks
- ☐ 2 tbsp olive oil

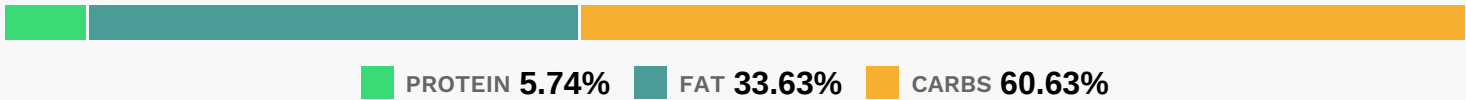
Equipment

- ☐ bowl
- ☐ knife
- ☐ cutting board

Directions

- ☐ Zest and juice 2 of the limes into a big salad bowl. Top and tail the remaining 2 limes to sit flat on a chopping board. Use a small serrated fruit knife to cut away the peel and pith in downward strokes.
- ☐ Cut the segments from the pith and roughly chop.
- ☐ Add to the salad bowl with the apples, fennel, cucumber, celery, spring onions and olive oil. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:18.8, Glycemic Load:3.05, Inflammation Score:-4, Nutrition Score:6.5456520992777%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Hesperetin: 11.52mg, Hesperetin: 11.52mg, Hesperetin: 11.52mg, Hesperetin: 11.52mg Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 72.3kcal (3.62%), Fat: 3.07g (4.73%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 12.47g (4.16%), Net Carbohydrates: 8.97g (3.26%), Sugar: 6.68g (7.42%), Cholesterol: 0mg (0%), Sodium: 28mg (1.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.36%), Vitamin K: 49.45µg (47.1%), Vitamin C: 17.44mg (21.14%), Fiber: 3.49g (13.96%), Potassium: 323.86mg (9.25%), Manganese: 0.14mg (6.95%), Folate: 25.11µg (6.28%), Vitamin E:

0.85mg (5.67%), Calcium: 43.85mg (4.39%), Copper: 0.09mg (4.29%), Phosphorus: 41.48mg (4.15%), Magnesium: 16.56mg (4.14%), Iron: 0.74mg (4.09%), Vitamin A: 194.54IU (3.89%), Vitamin B6: 0.07mg (3.45%), Vitamin B5: 0.27mg (2.69%), Vitamin B2: 0.04mg (2.57%), Vitamin B3: 0.44mg (2.19%), Vitamin B1: 0.03mg (2.16%), Zinc: 0.22mg (1.46%)