



Simple Salad with Ranch-Salsa Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



52 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup carrots sliced
- ☐ 1 cup cherry tomatoes halved
- ☐ 0.3 teaspoon mustard dry
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 tablespoons green onions sliced
- ☐ 3 cups torn iceberg lettuce
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 tablespoons mayonnaise light

- ☐ 1 cup buttermilk low-fat
- ☐ 3 cups torn romaine lettuce
- ☐ 0.5 cup bottled chunky mild salsa
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon sugar

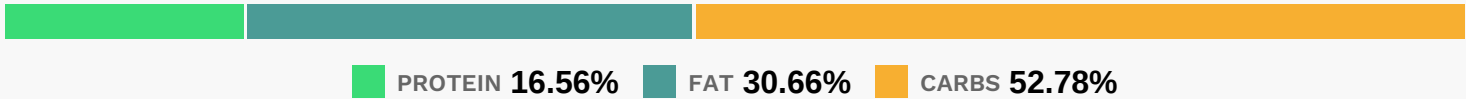
Equipment

- ☐ bowl
- ☐ knife
- ☐ blender

Directions

- ☐ Place first 8 ingredients in a blender; process until smooth.
- ☐ Combine lettuces and next 3 ingredients in a large bowl.
- ☐ Add 3/4 cup dressing; toss well.
- ☐ Serve immediately.
- ☐ Tear lettuces
- ☐ Combine measured lettuces, tomatoes, and carrots
- ☐ Measure first 8 ingredients, and add to blender
- ☐ Halve cherry tomatoes with dinner knife

Nutrition Facts



Properties

Glycemic Index:30.42, Glycemic Load:0.71, Inflammation Score:-9, Nutrition Score:10.05086942341%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin:

0.03mg Apigenin: 2.5mg, Apigenin: 2.5mg, Apigenin: 2.5mg, Apigenin: 2.5mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 51.87kcal (2.59%), Fat: 1.93g (2.97%), Saturated Fat: 0.46g (2.88%), Carbohydrates: 7.47g (2.49%), Net Carbohydrates: 5.82g (2.12%), Sugar: 4.79g (5.32%), Cholesterol: 2.33mg (0.78%), Sodium: 319.68mg (13.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.69%), Vitamin A: 3772.36IU (75.45%), Vitamin K: 57.99µg (55.23%), Vitamin C: 10.6mg (12.84%), Folate: 47.47µg (11.87%), Potassium: 286.65mg (8.19%), Manganese: 0.14mg (6.77%), Calcium: 66.69mg (6.67%), Fiber: 1.65g (6.61%), Phosphorus: 61.11mg (6.11%), Vitamin B2: 0.09mg (5.51%), Vitamin B6: 0.11mg (5.28%), Vitamin E: 0.67mg (4.44%), Vitamin B1: 0.06mg (4.2%), Magnesium: 16.15mg (4.04%), Iron: 0.72mg (3.98%), Copper: 0.06mg (2.96%), Vitamin B3: 0.57mg (2.83%), Vitamin B5: 0.25mg (2.54%), Zinc: 0.36mg (2.38%), Selenium: 1.41µg (2.01%), Vitamin B12: 0.08µg (1.26%)