



Simple Side Salad with Lemon-Honey Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



3 min.

SERVINGS



4

CALORIES



48 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.3 teaspoon pepper black freshly ground



1 tablespoon canola oil



5 ounces cucumber english halved lengthwise thinly sliced



1 teaspoon honey



0.5 teaspoon kosher salt



1 tablespoon juice of lemon freshly squeezed



1 teaspoon lemon zest packed

☐ 5 ounces lettuce red washed and torn into bite-size pieces

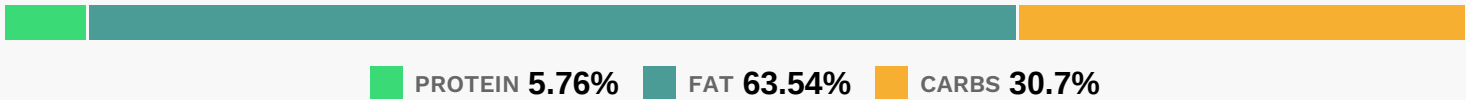
Equipment

☐ bowl

Directions

- ☐ Combine cucumber and lettuce in a bowl and, using clean hands, toss to mix thoroughly.
- ☐ Mix remaining ingredients in a small jar with a tight-fitting lid, close, and shake until well combined.
- ☐ Pour over greens and toss until lettuce is well coated with dressing. Taste and adjust seasoning, as desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.07, Glycemic Load:0.77, Inflammation Score:-9, Nutrition Score:6.8369565165561%

Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 47.56kcal (2.38%), Fat: 3.63g (5.59%), Saturated Fat: 0.28g (1.78%), Carbohydrates: 3.95g (1.32%), Net Carbohydrates: 3.35g (1.22%), Sugar: 2.31g (2.57%), Cholesterol: 0mg (0%), Sodium: 300.42mg (13.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.48%), Vitamin K: 58.12µg (55.36%), Vitamin A: 2693.3IU (53.87%), Manganese: 0.12mg (5.92%), Vitamin C: 4.41mg (5.34%), Vitamin E: 0.68mg (4.56%), Folate: 16.11µg (4.03%), Potassium: 125.65mg (3.59%), Iron: 0.55mg (3.07%), Vitamin B6: 0.05mg (2.65%), Vitamin B2: 0.04mg (2.4%), Fiber: 0.6g (2.38%), Magnesium: 9.42mg (2.35%), Vitamin B1: 0.03mg (2.24%), Calcium: 19.1mg (1.91%), Phosphorus: 19.05mg (1.91%), Vitamin B5: 0.15mg (1.52%), Copper: 0.03mg (1.4%), Zinc: 0.15mg (1.01%)