



Simple Spring Green Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



38 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.5 pound bibb lettuce (2 heads)



7 ounces boston lettuce (2 heads)



2 tablespoons olive oil extra-virgin

Equipment

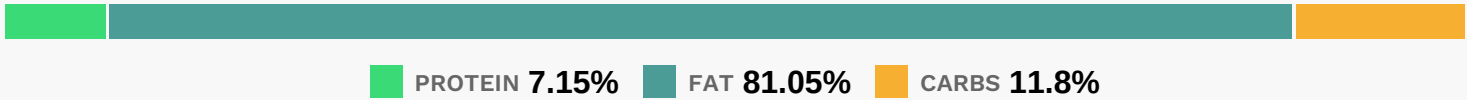


bowl

Directions

- ☐ Combine lettuces in a large bowl. Season with 1/2 teaspoon salt, then drizzle with oil and toss to coat.
- ☐ Serve immediately.
- ☐ Yarden Galilee
- ☐ Cabernet Sauvignon

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:5.8439129733521%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 37.85kcal (1.89%), Fat: 3.62g (5.56%), Saturated Fat: 0.5g (3.12%), Carbohydrates: 1.19g (0.4%), Net Carbohydrates: 0.6g (0.22%), Sugar: 0.5g (0.56%), Cholesterol: 0mg (0%), Sodium: 2.73mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Vitamin K: 56.48µg (53.8%), Vitamin A: 1760.51IU (35.21%), Folate: 38.8µg (9.7%), Manganese: 0.1mg (4.76%), Vitamin E: 0.6mg (4%), Iron: 0.68mg (3.77%), Potassium: 126.54mg (3.62%), Vitamin C: 1.97mg (2.38%), Fiber: 0.58g (2.34%), Vitamin B6: 0.04mg (2.18%), Vitamin B1: 0.03mg (2.02%), Vitamin B2: 0.03mg (1.94%), Calcium: 18.64mg (1.86%), Phosphorus: 17.54mg (1.75%), Magnesium: 6.91mg (1.73%)