



Southwestern Salad with Ginger-Sesame Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



30 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup bell pepper strips red
- ☐ 0.5 cup cilantro leaves
- ☐ 0.5 cup cucumber peeled seeded sliced
- ☐ 2 teaspoons sesame oil dark
- ☐ 0.5 teaspoon ginger fresh grated peeled
- ☐ 1 cup papaya peeled sliced
- ☐ 10 cup gourmet salad greens

☐ 0.3 cup seasoned rice vinegar

Equipment

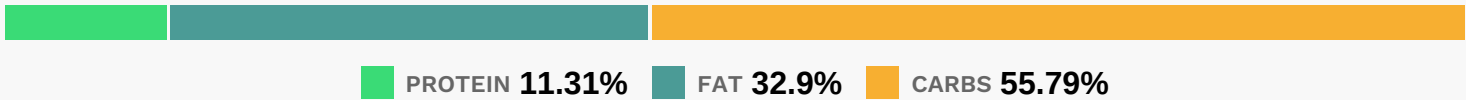
☐ bowl

☐ whisk

Directions

- ☐ Combine the first 5 ingredients in a large bowl.
- ☐ Combine vinegar, ginger, and oil, and stir well with a whisk.
- ☐ Pour dressing over salad, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:25.34, Glycemic Load:1.08, Inflammation Score:-7, Nutrition Score:5.0004348910373%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 29.55kcal (1.48%), Fat: 1.13g (1.74%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 4.3g (1.43%), Net Carbohydrates: 3.72g (1.35%), Sugar: 1.89g (2.1%), Cholesterol: 0mg (0%), Sodium: 15.57mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.74%), Vitamin C: 34.72mg (42.08%), Vitamin A: 1099.29IU (21.99%), Folate: 31.06µg (7.76%), Manganese: 0.11mg (5.3%), Vitamin K: 4.75µg (4.52%), Potassium: 154.69mg (4.42%), Vitamin B6: 0.08mg (3.98%), Magnesium: 11.68mg (2.92%), Phosphorus: 26.26mg (2.63%), Iron: 0.44mg (2.43%), Vitamin B2: 0.04mg (2.43%), Fiber: 0.58g (2.33%), Vitamin B3: 0.44mg (2.22%), Copper: 0.04mg (2.17%), Vitamin B1: 0.03mg (1.82%), Vitamin E: 0.24mg (1.61%), Vitamin B5: 0.15mg (1.49%), Calcium: 12.98mg (1.3%), Zinc: 0.16mg (1.08%)