



WHATSheATE



HEALTH SCORE

98%

Spicy Sunflower Salad with Carrot Dressing



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



183 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pt carrot juice fresh
- ☐ 1.5 cups micro greens packed
- ☐ 0.3 teaspoon kosher salt
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.3 cup long shredded with a mandoline fine
- ☐ 6 servings salad
- ☐ 1 teaspoon asian sesame oil toasted ()
- ☐ 6 servings dressing

- ☐ 1.5 cups spicy sprouts such as clover packed
- ☐ 1 teaspoon sriracha or (Asian chili sauce)
- ☐ 0.5 cup sunflower seeds
- ☐ 6 ounces sunflower sprouts) packed ()
- ☐ 0.5 large bell pepper yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Make dressing: In a wide, 3- to 4-qt. saucepan, boil carrot juice over medium-high heat, stirring often, until reduced to 1/4 cup, 12 to 15 minutes.
- ☐ Pour into a small bowl and let cool.
- ☐ Whisk in remaining dressing ingredients.
- ☐ Meanwhile, preheat oven to 35
- ☐ Toast sunflower seeds in a shallow pan until light golden, shaking pan occasionally, 4 to 8 minutes.
- ☐ Let cool.
- ☐ Trim off membrane and curved ends of bell pepper.
- ☐ Cut pepper lengthwise into very thin slices.
- ☐ In a large bowl, use your hands to toss and separate all vegetables until evenly mixed.
- ☐ Pour seeds and dressing on top; mix gently. Season with salt to taste.
- ☐ Note: Raw sprouts can occasionally contain bacteria that cause foodborne illness, so children, the elderly, and those with weakened immune systems should avoid eating them.

Nutrition Facts



 **PROTEIN 16.04%**  **FAT 38.5%**  **CARBS 45.46%**

Properties

Glycemic Index:17.5, Glycemic Load:7.08, Inflammation Score:-10, Nutrition Score:20.594782498382%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 182.56kcal (9.13%), Fat: 8.89g (13.67%), Saturated Fat: 0.78g (4.86%), Carbohydrates: 23.61g (7.87%), Net Carbohydrates: 20.8g (7.57%), Sugar: 4.31g (4.79%), Cholesterol: 0.41mg (0.14%), Sodium: 193.59mg (8.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.33g (16.66%), Vitamin A: 15836.24IU (316.72%), Vitamin C: 88.46mg (107.22%), Vitamin E: 4.93mg (32.87%), Manganese: 0.54mg (26.8%), Selenium: 15.02µg (21.46%), Vitamin B6: 0.41mg (20.25%), Vitamin B1: 0.28mg (18.35%), Copper: 0.33mg (16.41%), Iron: 2.87mg (15.96%), Magnesium: 63.52mg (15.88%), Phosphorus: 158.66mg (15.87%), Fiber: 3.87g (15.49%), Vitamin K: 15.59µg (14.85%), Folate: 53.53µg (13.38%), Potassium: 452.02mg (12.91%), Vitamin B3: 1.88mg (9.4%), Vitamin B2: 0.13mg (7.5%), Zinc: 1.08mg (7.21%), Vitamin B5: 0.49mg (4.94%), Calcium: 41.31mg (4.13%)