



Spring greens with lemon dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



51 kcal

SIDE DISH

Ingredients

- ☐ 250 g broccoli halved
- ☐ 400 g spring mix of spinach shredded green thick
- ☐ 2 garlic clove crushed
- ☐ 1 lemon zest
- ☐ 2 tbsp olive oil

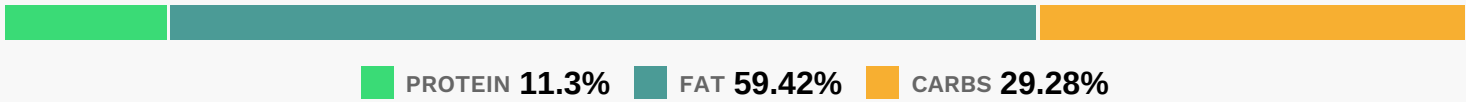
Equipment

- ☐ frying pan

Directions

- ☐ To make the dressing, mix the garlic, lemon juice and zest, olive oil and some seasoning together. Bring a large pan of water to the boil, then add the broccoli and greens, and cook for about 5 mins until tender.
- ☐ Drain well, then toss through the dressing and serve.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.47, Inflammation Score:-6, Nutrition Score:7.0756522002427%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 2.45mg, Kaempferol: 2.45mg, Kaempferol: 2.45mg, Kaempferol: 2.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 51.03kcal (2.55%), Fat: 3.66g (5.63%), Saturated Fat: 0.52g (3.28%), Carbohydrates: 4.05g (1.35%), Net Carbohydrates: 3.15g (1.14%), Sugar: 0.57g (0.63%), Cholesterol: 0mg (0%), Sodium: 23.56mg (1.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.13%), Vitamin C: 40.68mg (49.3%), Vitamin K: 33.99µg (32.38%), Vitamin A: 763.13IU (15.26%), Folate: 38.31µg (9.58%), Manganese: 0.15mg (7.58%), Potassium: 188.99mg (5.4%), Vitamin B6: 0.11mg (5.26%), Vitamin E: 0.75mg (5%), Phosphorus: 41.36mg (4.14%), Vitamin B2: 0.06mg (3.71%), Fiber: 0.91g (3.63%), Iron: 0.58mg (3.23%), Magnesium: 12.36mg (3.09%), Vitamin B1: 0.04mg (2.61%), Vitamin B5: 0.25mg (2.46%), Vitamin B3: 0.48mg (2.41%), Calcium: 23.58mg (2.36%), Copper: 0.04mg (2.16%), Zinc: 0.24mg (1.62%), Selenium: 1.09µg (1.56%)