



Summer's Best Garden Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



73 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup avocado chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup cucumber peeled chopped
- ☐ 0.5 teaspoon dijon mustard
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 teaspoons honey
- ☐ 3 tablespoons juice of lime fresh

- ☐ 0.5 cup orange bell pepper finely chopped
- ☐ 1 cup pear tomatoes yellow halved
- ☐ 0.5 cup radishes thinly sliced
- ☐ 4 cups romaine lettuce shredded
- ☐ 0.3 teaspoon salt
- ☐ 1 cup baby squash yellow halved lengthwise thinly sliced

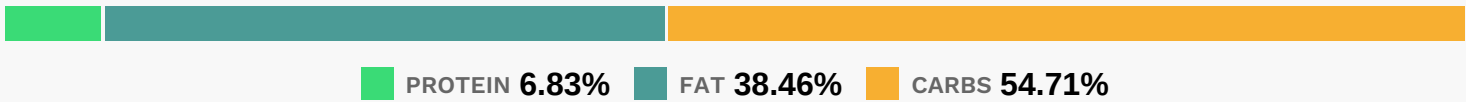
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a small bowl. Gradually add oil, stirring with a whisk.
- ☐ Combine lettuce and the next 6 ingredients (through squash) in a large bowl.
- ☐ Drizzle dressing over lettuce mixture, and toss gently to coat. Top with avocado.

Nutrition Facts



Properties

Glycemic Index:58.17, Glycemic Load:2.7, Inflammation Score:-9, Nutrition Score:10.435217328694%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg 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: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.19mg,

Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 72.59kcal (3.63%), Fat: 3.45g (5.3%), Saturated Fat: 0.49g (3.09%), Carbohydrates: 11.04g (3.68%), Net Carbohydrates: 7.83g (2.85%), Sugar: 6.56g (7.29%), Cholesterol: 0mg (0%), Sodium: 110.53mg (4.81%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.38g (2.75%), Vitamin A: 3245.19IU (64.9%), Vitamin K: 41.94µg (39.94%), Vitamin C: 27.74mg (33.62%), Folate: 73.2µg (18.3%), Fiber: 3.2g (12.81%), Potassium: 312.07mg (8.92%), Manganese: 0.17mg (8.42%), Vitamin B6: 0.16mg (8.19%), Vitamin B2: 0.09mg (5.55%), Vitamin E: 0.77mg (5.13%), Copper: 0.1mg (4.95%), Magnesium: 19.62mg (4.9%), Vitamin B1: 0.06mg (4.1%), Vitamin B5: 0.39mg (3.85%), Phosphorus: 38.4mg (3.84%), Iron: 0.68mg (3.76%), Vitamin B3: 0.63mg (3.14%), Calcium: 26.28mg (2.63%), Zinc: 0.35mg (2.33%)