



The Big Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



55 min.

SERVINGS



3

CALORIES



408 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup almond butter raw (or roasted peanut butter)
- ☐ 0.5 cup almonds toasted sliced
- ☐ 1 large carrots julienned
- ☐ 1 handful cilantro leaves chopped (or try parsley)
- ☐ 0.5 cucumber diced
- ☐ 1 garlic clove
- ☐ 1 teaspoon ginger freshly grated
- ☐ 2 green onions thinly sliced

- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoons maple syrup to taste (or other sweetener)
- ☐ 1 bell pepper red chopped
- ☐ 1 head the of 1 cos lettuce dry washed chopped
- ☐ 1 teaspoons sesame oil toasted to taste
- ☐ 1 large sweet potatoes and into sliced into 1cm rounds
- ☐ 2 tablespoons tamari sauce low-sodium
- ☐ 2 tablespoons water

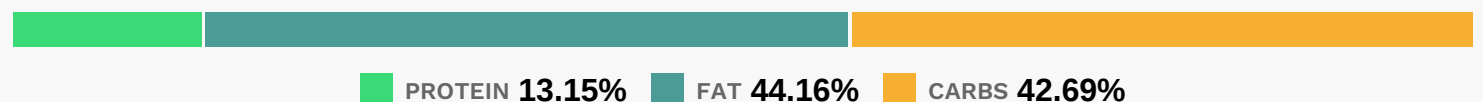
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 400F and line a baking sheet with parchment paper. Lightly coat the sweet potato slices with coconut or grapeseed oil. Season with salt and pepper.
- ☐ Bake for 25-30 minutes, flipping once half way through baking, until lightly charred and fork tender.Prepare salad dressing. Mince garlic clove in a mini food processor and then add the rest of the ingredients. Process until smooth. Note that the dressing will seem thin at first, but it will thicken up as it sits.
- ☐ Add chopped romaine into a large bowl.
- ☐ Layer on the vegetables (and almonds) in rows, if desired. Or simply mix everything together.
- ☐ Drizzle on dressing and enjoy!

Nutrition Facts



Properties

Glycemic Index:107.44, Glycemic Load:13.66, Inflammation Score:-10, Nutrition Score:41.097391190736%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg

Nutrients (% of daily need)

Calories: 408.47kcal (20.42%), Fat: 21.54g (33.13%), Saturated Fat: 1.78g (11.15%), Carbohydrates: 46.84g (15.61%), Net Carbohydrates: 32.72g (11.9%), Sugar: 14.29g (15.88%), Cholesterol: 0mg (0%), Sodium: 773.16mg (33.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.43g (28.86%), Vitamin A: 39716.05IU (794.32%), Vitamin K: 245.59µg (233.89%), Folate: 353.06µg (88.26%), Vitamin C: 70.07mg (84.93%), Manganese: 1.68mg (83.87%), Vitamin E: 10.46mg (69.7%), Fiber: 14.12g (56.46%), Magnesium: 179.38mg (44.85%), Potassium: 1472.26mg (42.06%), Vitamin B2: 0.7mg (41.1%), Copper: 0.71mg (35.57%), Phosphorus: 347.02mg (34.7%), Vitamin B6: 0.66mg (32.8%), Iron: 4.82mg (26.8%), Calcium: 249.31mg (24.93%), Vitamin B1: 0.35mg (23.33%), Vitamin B3: 3.7mg (18.49%), Vitamin B5: 1.73mg (17.31%), Zinc: 2.35mg (15.69%), Selenium: 3.07µg (4.39%)