



The Simplest Green Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



49 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 10 cup salad greens mixed
- ☐ 5 teaspoons olive oil extra-virgin

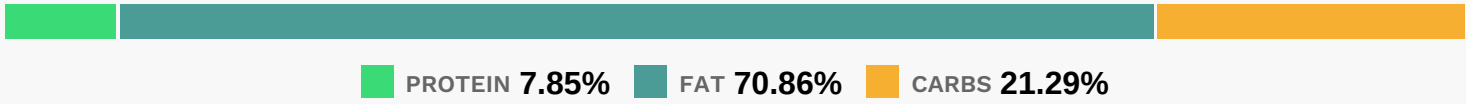
Equipment

- ☐ bowl

Directions

- ☐ Place greens in a large bowl; sprinkle with salt, tossing gently.
- ☐ Add remaining ingredients, tossing to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:3.8791304842933%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 48.73kcal (2.44%), Fat: 4.06g (6.25%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 2.75g (0.92%), Net Carbohydrates: 2.73g (0.99%), Sugar: 0.05g (0.06%), Cholesterol: 0mg (0%), Sodium: 137.18mg (5.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.02%), Vitamin C: 19.33mg (23.44%), Vitamin A: 909.19IU (18.18%), Folate: 30.01µg (7.5%), Manganese: 0.12mg (6.23%), Potassium: 140.39mg (4.01%), Vitamin E: 0.58mg (3.86%), Vitamin B6: 0.07mg (3.25%), Phosphorus: 31.44mg (3.14%), Iron: 0.53mg (2.97%), Vitamin B2: 0.04mg (2.38%), Vitamin K: 2.49µg (2.37%), Magnesium: 9.01mg (2.25%), Vitamin B3: 0.44mg (2.21%), Copper: 0.04mg (2.05%), Vitamin B1: 0.02mg (1.64%), Zinc: 0.17mg (1.13%), Calcium: 10.85mg (1.09%)