



WHATSheATE



## Tossed Salad with Creamy Dill Dressing



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



43 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 0.7 cup yogurt plain fat-free
- ☐ 2 cloves garlic finely chopped
- ☐ 1 tablespoon optional: dill dried fresh chopped
- ☐ 2 teaspoons sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 5 cups red-leaf lettuce red chopped

- ☐ 1 medium cucumber peeled seeded chopped
- ☐ 1 medium tomatoes chopped
- ☐ 0.5 cup croutons fat-free

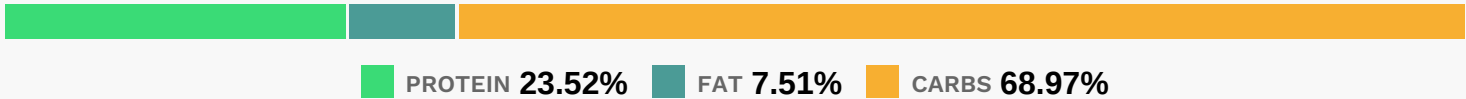
## Equipment

- ☐ bowl

## Directions

- ☐ Mix all dressing ingredients in small bowl.
- ☐ Mix lettuce, cucumber and tomato in large bowl.
- ☐ Pour dressing over salad; toss gently to mix thoroughly. Top with croutons.

## Nutrition Facts



## Properties

Glycemic Index:45.35, Glycemic Load:2.54, Inflammation Score:-8, Nutrition Score:6.7882608745409%

## Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

## Nutrients (% of daily need)

Calories: 43.39kcal (2.17%), Fat: 0.37g (0.57%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 6.82g (2.48%), Sugar: 4.55g (5.05%), Cholesterol: 0.54mg (0.18%), Sodium: 94.82mg (4.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.23%), Vitamin A: 1950.39IU (39.01%), Vitamin K: 36.84µg (35.08%), Calcium: 72.84mg (7.28%), Manganese: 0.13mg (6.66%), Phosphorus: 65.94mg (6.59%), Vitamin C: 5.37mg (6.51%), Potassium: 216.36mg (6.18%), Vitamin B2: 0.1mg (6.02%), Folate: 22.87µg (5.72%), Vitamin B1: 0.06mg (4.24%), Vitamin B6: 0.08mg (4.23%), Magnesium: 15.48mg (3.87%), Selenium: 2.45µg (3.5%), Fiber: 0.85g (3.4%), Vitamin B5: 0.32mg (3.24%), Iron: 0.57mg (3.19%), Zinc: 0.44mg (2.92%), Vitamin B12: 0.17µg (2.77%), Copper: 0.05mg (2.73%), Vitamin B3: 0.39mg (1.94%), Vitamin E: 0.16mg (1.05%)