



Triple Green Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



90 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup very flat-leaf parsley leaves plus leaves whole roughly chopped
- 1.5 teaspoons thyme leaves fresh finely chopped
- 3 green onions
- 0.5 teaspoon kosher salt
- 2 tablespoons juice of lemon
- 0.5 teaspoon lemon zest
- 4 oz baby greens mixed
- 0.3 cup olive oil extra-virgin

0.5 teaspoon pepper

Equipment

bowl

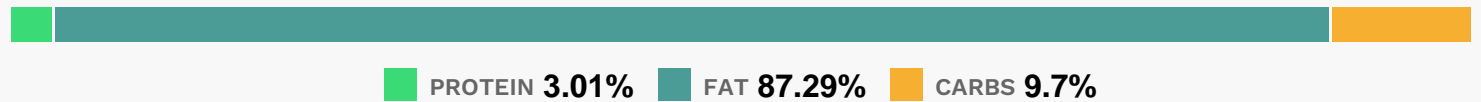
blender

Directions

Whirl chopped parsley, thyme, lemon zest and juice, oil, salt, and pepper in a blender with 1 tbsp. water until very smooth, 1 to 2 minutes.

Toss parsley leaves, onions, and greens in a large bowl with just enough dressing to coat; reserve any remaining dressing for another use.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.23, Inflammation Score:-8, Nutrition Score:8.5830434301625%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 21.57mg, Apigenin: 21.57mg, Apigenin: 21.57mg, Apigenin: 21.57mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 90.21kcal (4.51%), Fat: 9.13g (14.05%), Saturated Fat: 1.27g (7.91%), Carbohydrates: 2.28g (0.76%), Net Carbohydrates: 1.65g (0.6%), Sugar: 0.36g (0.4%), Cholesterol: 0mg (0%), Sodium: 205.58mg (8.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.42%), Vitamin K: 182.11µg (173.44%), Vitamin C: 21.76mg (26.38%), Vitamin A: 1141.97IU (22.84%), Vitamin E: 1.41mg (9.42%), Folate: 27.31µg (6.83%), Iron: 0.99mg (5.49%), Manganese: 0.08mg (4.22%), Potassium: 115.27mg (3.29%), Fiber: 0.63g (2.52%), Magnesium: 9.69mg (2.42%), Calcium: 24.07mg (2.41%), Copper: 0.04mg (1.77%), Phosphorus: 16.6mg (1.66%), Vitamin B6: 0.03mg (1.63%), Vitamin B2: 0.03mg (1.62%), Vitamin B3: 0.28mg (1.41%), Vitamin B1: 0.02mg (1.29%), Zinc: 0.18mg (1.23%)