



Ultra Creamy Hemp Salad Dressing + Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



40 min.

SERVINGS



11

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 11 servings carrots shredded
- ☐ 11 servings roasted delicata squash
- ☐ 0.3 teaspoon grain sea salt to taste fine
- ☐ 1 clove garlic peeled
- ☐ 11 servings hemp seeds hulled for garnish
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 11 servings lettuce
- ☐ 2 tablespoons nutritional yeast

- ☐ 11 servings petita/pumpkin seeds for garnish
- ☐ 11 servings tomatoes
- ☐ 0.5 cup water

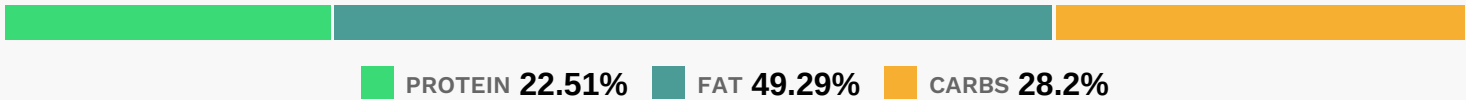
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender

Directions

- ☐ Add all dressing ingredients into a high-speed blender and blend on high until smooth. Adjust salt to taste. The dressing will appear thin at first, but it thickens up after being chilled in the fridge. For roasting the squash: Preheat oven to 375F and line a baking sheet with parchment paper. There is no need to peel the skin off the squash, as it's thin and edible. Slice the stem off the squash and then slice in half, lengthwise. Scoop out the seeds and discard (or clean and roast for the salad). Slice each half into small, 1/2-inch half-moons.
- ☐ Add a generous amount of lettuce into a large bowl or platter. Top with squash, shredded carrot, tomato, pepita seeds, hulled hemp seeds, and the dressing. Dressing will keep in an air-tight container in the fridge for at least a week, probably longer.

Nutrition Facts



Properties

Glycemic Index:14.26, Glycemic Load:4.41, Inflammation Score:-10, Nutrition Score:19.310434689988%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg,

Kaempferol: 0.45mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 257.15kcal (12.86%), Fat: 14.7g (22.61%), Saturated Fat: 1.08g (6.72%), Carbohydrates: 18.92g (6.31%), Net Carbohydrates: 12.57g (4.57%), Sugar: 9.63g (10.7%), Cholesterol: 0mg (0%), Sodium: 115.63mg (5.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.1g (30.2%), Vitamin A: 12807.44IU (256.15%), Phosphorus: 433.5mg (43.35%), Vitamin K: 44.21µg (42.1%), Vitamin C: 32.21mg (39.04%), Iron: 5.4mg (29.98%), Fiber: 6.35g (25.4%), Manganese: 0.46mg (23%), Potassium: 799.67mg (22.85%), Vitamin B1: 0.26mg (17.37%), Folate: 66.34µg (16.59%), Vitamin B6: 0.28mg (13.87%), Vitamin B3: 2.6mg (12.98%), Vitamin E: 1.58mg (10.55%), Magnesium: 40.11mg (10.03%), Calcium: 98.59mg (9.86%), Vitamin B2: 0.16mg (9.2%), Copper: 0.17mg (8.72%), Zinc: 0.68mg (4.53%), Vitamin B5: 0.43mg (4.3%)