



Winter leaf, date & olive salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



135 kcal

SIDE DISH

Ingredients

- ☐ 2 optional: lemon
- ☐ 1 tbsp olive oil extra virgin
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 1 tbsp red wine vinegar
- ☐ 1 tsp clear honey
- ☐ 1 handful olive green
- ☐ 10 dates cut into long slivers (we used hadrawi)
- ☐ 85 g feta cheese crumbled

- ☐ 100 g baby spinach
- ☐ 4 small heads endive white red separated (or)

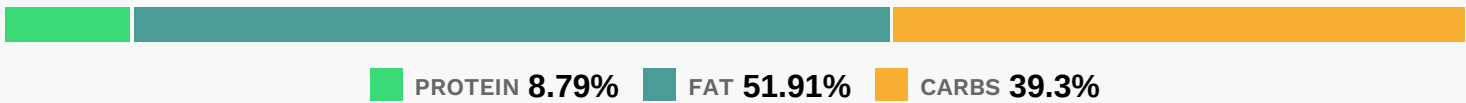
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Thinly slice the peel and pith from the lemons, then segment. Squeeze 1 tbsp of the juice into a bowl.
- ☐ Whisk in the oils, vinegar, honey and seasoning.
- ☐ Put the lemon segments, olives, dates and feta into a large bowl, and put the leaves on top. Cover and chill until ready to eat. Toss with the dressing to serve.

Nutrition Facts



Properties

Glycemic Index:38.96, Glycemic Load:5.39, Inflammation Score:-8, Nutrition Score:11.393478212149%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 134.93kcal (6.75%), Fat: 8.44g (12.99%), Saturated Fat: 2.53g (15.83%), Carbohydrates: 14.38g (4.79%), Net Carbohydrates: 11.94g (4.34%), Sugar: 9.34g (10.38%), Cholesterol: 12.61mg (4.2%), Sodium: 228.06mg (9.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.43%), Vitamin K: 84.19µg (80.18%), Vitamin A: 1659.25IU (33.19%), Vitamin C: 23.87mg (28.94%), Vitamin E: 1.85mg (12.32%), Folate: 44.11µg (11.03%), Calcium: 102.57mg (10.26%), Manganese: 0.2mg (9.99%), Vitamin B2: 0.17mg (9.83%), Fiber: 2.44g (9.76%), Vitamin B6: 0.14mg (7.1%), Phosphorus: 69.47mg (6.95%), Potassium: 233.09mg (6.66%), Magnesium: 24.34mg (6.09%), Iron:

0.93mg (5.17%), Selenium: 2.83µg (4.04%), Vitamin B12: 0.24µg (3.99%), Vitamin B1: 0.06mg (3.77%), Zinc: 0.56mg (3.74%), Copper: 0.07mg (3.44%), Vitamin B5: 0.29mg (2.93%), Vitamin B3: 0.46mg (2.29%)