



Winter Salad with Lemon-Yogurt Dressing

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



463 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 avocado pitted peeled halved sliced
- ☐ 1 cup broccoli peeled
- ☐ 0.8 cup garbanzo beans canned drained (chickpeas)
- ☐ 0.3 cup canola oil
- ☐ 2 small carrots thinly sliced into rounds
- ☐ 1 cup celery sliced
- ☐ 1 garlic clove pressed
- ☐ 1.5 cups jicama peeled

- ☐ 0.8 cup kalamata olives pitted halved
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 0.5 cup radishes thinly sliced
- ☐ 0.5 cup roasted sunflower seeds
- ☐ 8 cups the of 1 cos lettuce coarsely chopped (8 large leaves)
- ☐ 4 servings sea salt fine
- ☐ 1 cup yogurt plain

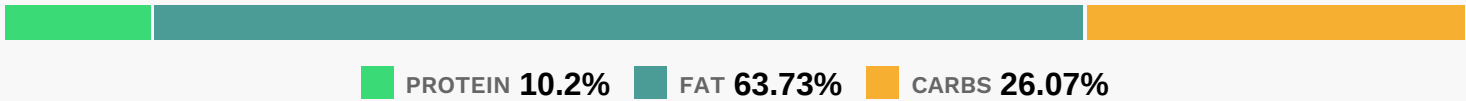
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk first 5 ingredients in small bowl. Season dressing to taste with sea salt and freshly ground black pepper.
- ☐ Toss lettuce and next 8 ingredients in large bowl.
- ☐ Add dressing and toss to coat. Divide salad among plates; sprinkle with sunflower seeds.

Nutrition Facts



Properties

Glycemic Index:78.79, Glycemic Load:3.17, Inflammation Score:-10, Nutrition Score:36.432173915531%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 11.49mg, Apigenin: 11.49mg, Apigenin: 11.49mg, Apigenin: 11.49mg

11.49mg, Apigenin: 11.49mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 463.17kcal (23.16%), Fat: 34.86g (53.62%), Saturated Fat: 4.59g (28.71%), Carbohydrates: 32.08g (10.69%), Net Carbohydrates: 18.24g (6.63%), Sugar: 10.29g (11.44%), Cholesterol: 1.23mg (0.41%), Sodium: 911.44mg (39.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.56g (25.11%), Vitamin A: 13231.03IU (264.62%), Vitamin K: 223.39µg (212.75%), Vitamin C: 56.21mg (68.14%), Folate: 271.67µg (67.92%), Vitamin E: 8.95mg (59.65%), Fiber: 13.84g (55.36%), Manganese: 0.99mg (49.64%), Phosphorus: 414.58mg (41.46%), Vitamin B6: 0.66mg (33.07%), Potassium: 1137.03mg (32.49%), Copper: 0.61mg (30.27%), Vitamin B5: 2.88mg (28.84%), Selenium: 18.05µg (25.79%), Calcium: 245mg (24.5%), Vitamin B2: 0.41mg (23.98%), Magnesium: 93.19mg (23.3%), Iron: 3.43mg (19.07%), Zinc: 2.61mg (17.37%), Vitamin B1: 0.26mg (17.22%), Vitamin B3: 2.73mg (13.64%), Vitamin B12: 0.37µg (6.23%)