



Your Basic Tossed Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



11 min.

SERVINGS



4

CALORIES



157 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 carrots shredded peeled
- ☐ 4 servings coarse salt and pepper black
- ☐ 1 kirby cucumber or diced seedless
- ☐ 0.3 cup olive oil extra-virgin (a couple of glugs)
- ☐ 1 small onion or red yellow chopped
- ☐ 2 small plum tomatoes diced
- ☐ 2 tablespoons red wine vinegar (a couple of 1 tablespoones)
- ☐ 2 hearts romaine lettuce

☐ 1 teaspoon sugar

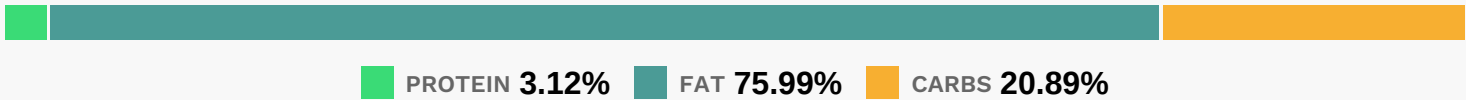
Equipment

☐ bowl

Directions

- ☐ Place salad greens in a salad bowl and top with tomatoes, cucumbers, onion, and carrot.
- ☐ Place oil, vinegar and sugar in a small plastic container.
- ☐ Put the lid on the container and shake dressing until sugar dissolves, about 1 minute.
- ☐ Pour dressing over salad. Season salad with salt and pepper, to taste, and toss to combine.

Nutrition Facts



Properties

Glycemic Index:45.48, Glycemic Load:1.86, Inflammation Score:-10, Nutrition Score:9.453912799773%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 157.08kcal (7.85%), Fat: 13.74g (21.14%), Saturated Fat: 1.92g (11.98%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 6.74g (2.45%), Sugar: 4.7g (5.22%), Cholesterol: 0mg (0%), Sodium: 210.06mg (9.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Vitamin A: 4104.4IU (82.09%), Vitamin K: 39.31µg (37.44%), Vitamin E: 2.26mg (15.04%), Vitamin C: 9.14mg (11.08%), Folate: 35.16µg (8.79%), Potassium: 295.77mg (8.45%), Manganese: 0.16mg (8.23%), Fiber: 1.77g (7.06%), Vitamin B6: 0.11mg (5.36%), Magnesium: 19mg (4.75%), Phosphorus: 40.65mg (4.07%), Vitamin B1: 0.06mg (3.99%), Copper: 0.07mg (3.52%), Iron: 0.62mg (3.46%), Vitamin B2: 0.05mg (3.16%), Vitamin B5: 0.3mg (3.05%), Calcium: 29.49mg (2.95%), Vitamin B3: 0.47mg (2.36%), Zinc: 0.3mg (2.03%)