



WHATSheATE



Zesty Greens and Tomato



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



85 kcal

SIDE DISH

Ingredients



6 cups torn curly leaf lettuce



1 cup tomatoes chopped



0.3 cup herbed vinaigrette

Equipment

Directions



Combine all ingredients, and toss well.

Nutrition Facts

 **PROTEIN 4.74%**  **FAT 80.14%**  **CARBS 15.12%**

Properties

Glycemic Index:9.5, Glycemic Load:0.38, Inflammation Score:-10, Nutrition Score:10.485217314699%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 84.96kcal (4.25%), Fat: 7.98g (12.28%), Saturated Fat: 1.44g (9.02%), Carbohydrates: 3.39g (1.13%), Net Carbohydrates: 2.24g (0.81%), Sugar: 1.79g (1.99%), Cholesterol: 0mg (0%), Sodium: 17.14mg (0.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Vitamin A: 4308.99IU (86.18%), Vitamin K: 86.42µg (82.31%), Vitamin C: 10.07mg (12.21%), Manganese: 0.18mg (8.87%), Vitamin E: 1.04mg (6.94%), Folate: 26.11µg (6.53%), Potassium: 194.29mg (5.55%), Fiber: 1.15g (4.6%), Vitamin B6: 0.08mg (3.92%), Vitamin B1: 0.05mg (3.44%), Iron: 0.56mg (3.14%), Vitamin B2: 0.05mg (2.96%), Magnesium: 11.12mg (2.78%), Phosphorus: 24.6mg (2.46%), Calcium: 23.17mg (2.32%), Vitamin B3: 0.42mg (2.12%), Copper: 0.04mg (1.88%), Zinc: 0.16mg (1.07%), Vitamin B5: 0.11mg (1.06%)