



GREEN SIDE SALAD (LOWFODMAP)

5 minutes

1 portion

INGREDIENTS

- 2 cups shredded of lettuce, green leaf, raw (72 g) OR ANY GREEN LEAFY Salad (arugula, cress, beet green, spinach, etc)
- 1 cup, chopped of peppers, sweet, red, raw (149 g)
- 1/2 cup slices of cucumber, with peel, raw (52 g)
- 1 teaspoon of oil, olive (3 g)
- lemon juice, fresh - to taste
- Salt and pepper to taste
- 5 units of tomatoes, cherry, raw (75 g)

COOKING METHOD

- 1º In a bowl add the green salad, chopped bell pepper, cucumber, onion, the tomatoes.
- 2º For dressing: 1 tsp olive oil mixed with lemon juice or apple cider vinegar, salt, pepper , add some dried herbs if you like (thyme, oregano)
- 3º Mix all together and enjoy

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (365 g)	% DRI
ENERGY	28 kcal	101 kcal	5 %
PROTEIN	1 g	4 g	7 %
CARBOHYDRATE	4 g	16 g	6 %
SUGARS	3 g	11 g	12 %
FAT	1 g	4 g	6 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	3 %
FIBER	1 g	5 g	21 %
SODIUM	546 mg	1995 mg	83 %