



HEALTH SCORE

56%

A Simple Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



93 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup cherry tomatoes halved
- ☐ 4 oz crisped mache rinsed
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 servings bell pepper
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 4 servings salt
- ☐ 1 tablespoon shallots minced

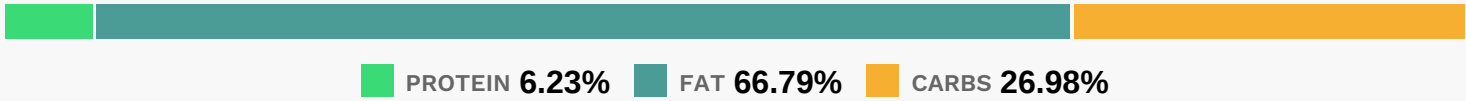
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large bowl, whisk together olive oil, wine vinegar, and minced shallot.
- ☐ Add salt and pepper to taste.
- ☐ Add mache and cherry tomatoes; gently toss.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:1.04, Inflammation Score:-10, Nutrition Score:13.309565341991%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 93.07kcal (4.65%), Fat: 7.36g (11.32%), Saturated Fat: 1.01g (6.33%), Carbohydrates: 6.69g (2.23%), Net Carbohydrates: 4.91g (1.79%), Sugar: 3.79g (4.21%), Cholesterol: 0mg (0%), Sodium: 200.69mg (8.73%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.55g (3.09%), Vitamin C: 110.65mg (134.13%), Vitamin A: 4434.32IU (88.69%), Vitamin B6: 0.32mg (15.88%), Vitamin E: 2.29mg (15.27%), Manganese: 0.21mg (10.71%), Folate: 41.51µg (10.38%), Potassium: 337.84mg (9.65%), Vitamin K: 8.41µg (8.01%), Fiber: 1.77g (7.1%), Iron: 1.15mg (6.4%), Vitamin B2: 0.09mg (5.45%), Vitamin B3: 0.95mg (4.76%), Vitamin B1: 0.07mg (4.57%), Phosphorus: 41.41mg (4.14%), Magnesium: 14.98mg (3.75%), Copper: 0.07mg (3.37%), Vitamin B5: 0.28mg (2.79%), Zinc: 0.39mg (2.61%), Calcium: 19.38mg (1.94%)