



## Baby Green Salad with Chive Blossoms

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



171 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 cups baby greens
- 1 cup chive flowers with 1 inch of stem attached ( 2 ounces)
- 1 large egg yolk
- 0.5 cup flour all-purpose
- 0.5 teaspoon chives fresh minced
- 0.5 cup ice water
- 2 tablespoons vegetable oil; peanut oil preferred
- 4 servings pepper freshly ground

- 4 servings salt
- 4 servings vegetable oil for frying
- 1.5 teaspoons wasabi powder
- 1 tablespoon citrus champagne vinegar mixed with a pinch of sugar

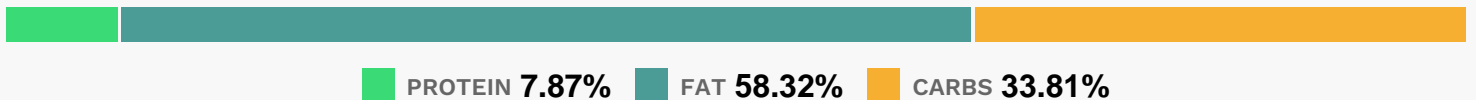
## Equipment

- bowl
- sauce pan
- whisk

## Directions

- In a small bowl, whisk the wasabi powder with the vinegar and 1 1/2 teaspoons of water.
- Whisk in the peanut oil until emulsified and season with salt. Stir in the minced chives.
- Heat 3/4 inch of vegetable oil in a small saucepan. In a medium bowl, combine the flour, ice water and egg yolk; the batter will be a little lumpy. Working in batches, dip one-third of the chive flowers in the batter and add them to the oil. Cook over moderately high heat, stirring occasionally, until lightly golden and crisp, about 2 minutes.
- Transfer to a rack to drain and season with salt. Repeat with the remaining chive flowers.
- In a large bowl, toss the greens with the wasabi dressing. Season the salad with salt and pepper and mound on 4 plates. Top the salads with the fried chive blossoms and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:49.25, Glycemic Load:8.72, Inflammation Score:-7, Nutrition Score:8.4713043078132%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

## Nutrients (% of daily need)

Calories: 171.2kcal (8.56%), Fat: 11.2g (17.23%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 14.61g (4.87%), Net Carbohydrates: 13.88g (5.05%), Sugar: 0.25g (0.28%), Cholesterol: 45.9mg (15.3%), Sodium: 213.91mg (9.3%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.4g (6.8%), Vitamin K: 27µg (25.72%), Vitamin C: 19.98mg (24.22%), Vitamin A: 1184.3IU (23.69%), Folate: 67.71µg (16.93%), Manganese: 0.25mg (12.57%), Selenium: 8.01µg (11.45%), Vitamin B1: 0.16mg (10.44%), Vitamin E: 1.47mg (9.8%), Vitamin B2: 0.14mg (8.35%), Iron: 1.42mg (7.87%), Vitamin B3: 1.32mg (6.61%), Phosphorus: 63.48mg (6.35%), Potassium: 159.48mg (4.56%), Vitamin B6: 0.09mg (4.25%), Copper: 0.08mg (3.94%), Magnesium: 15.38mg (3.85%), Vitamin B5: 0.3mg (3.02%), Fiber: 0.73g (2.92%), Calcium: 27.1mg (2.71%), Zinc: 0.4mg (2.68%), Vitamin D: 0.23µg (1.53%), Vitamin B12: 0.08µg (1.38%)