



Baby Greens Salad with Quail Egg and Maple White Balsamic Vinaigrette

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



213 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound baby greens dried with a salad spinner or paper towels rinsed (such as frissee, arugula, romaine hearts)
- 1 carrots shredded with a vegetable peeler peeled sliced thin
- 1 cloves finely minced
- 2 tablespoons dijon mustard
- 1 cucumber english peeled sliced
- 1 tablespoon maple syrup (add 1 teaspoon more if you like a sweeter taste)
- 0.8 cup olive oil extra-virgin

- 15 ounce quail eggs pre-cooked canned
- 1 tablespoon rosemary leaves fresh finely minced
- 6 servings salt and pepper
- 3 tomatoes ripe cut into wedges
- 0.1 cup balsamic vinegar white

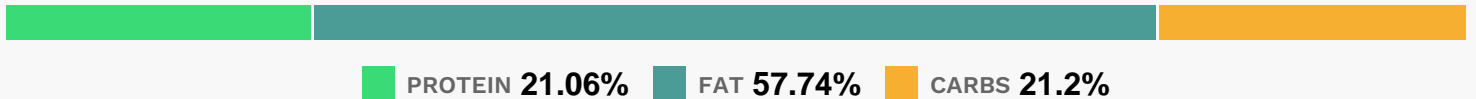
Equipment

- bowl
- blender

Directions

- Make the vinaigrette by adding vinegar, mustard, maple syrup, shallot and rosemary, 1 at a time, through the feed opening of a running blender. Then leaving the blender running, pour the olive oil in a slow steady stream into the vinegar mixture to emulsify.
- Remove vinaigrette to a container and season with salt and pepper.
- In a large bowl, toss tomatoes, cucumber and carrots with salad dressing. Toss with baby greens just before serving and garnish with quail eggs cut into halves. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:33.89, Glycemic Load:2.24, Inflammation Score:-10, Nutrition Score:23.408260869565%

Flavonoids

Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 212.56kcal (10.63%), Fat: 13.88g (21.36%), Saturated Fat: 3.36g (20.99%), Carbohydrates: 11.47g (3.82%), Net Carbohydrates: 8.33g (3.03%), Sugar: 6.98g (7.76%), Cholesterol: 598.17mg (199.39%), Sodium: 367.67mg (15.99%), Protein: 11.39g (22.78%), Vitamin A: 9246.08IU (184.92%), Vitamin K: 95.47µg (90.93%), Folate: 164.97µg (41.24%), Vitamin B2: 0.69mg (40.64%), Selenium: 24.85µg (35.49%), Phosphorus: 219.84mg (21.98%), Iron: 3.84mg (21.31%), Manganese: 0.4mg (19.82%), Vitamin B12: 1.12µg (18.66%), Vitamin C: 13.54mg (16.41%), Potassium: 555.68mg (15.88%), Vitamin B5: 1.59mg (15.85%), Vitamin E: 2.08mg (13.84%), Vitamin B1: 0.2mg (13.42%), Fiber: 3.13g (12.53%), Vitamin B6: 0.25mg (12.51%), Zinc: 1.51mg (10.06%), Calcium: 97.47mg (9.75%), Magnesium: 38.41mg (9.6%), Copper: 0.15mg (7.4%), Vitamin D: 0.99µg (6.61%), Vitamin B3: 0.89mg (4.46%)