



## Baby Greens with Balsamic Vinaigrette

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



90 kcal

SIDE DISH

### Ingredients

- 2 tablespoons balsamic vinegar
- 0.3 teaspoon pepper black
- 3 inch bread baguette french
- 1 garlic clove halved
- 2 teaspoons olive oil
- 8 cups gourmet salad greens
- 0.1 teaspoon salt
- 2 teaspoons shallots minced

1 tablespoon water

## Equipment

baking sheet

oven

## Directions

Preheat oven to 40

Rub garlic on one side of each bread slice, and place bread on a baking sheet.

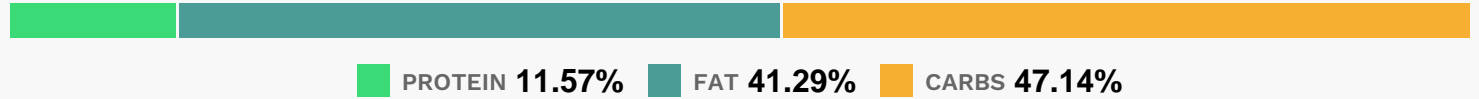
Bake at 400 for 4 minutes on each side or until golden.

Combine the vinegar and next 5 ingredients (vinegar through salt) in a jar. Cover jar tightly, and shake vigorously.

Combine vinaigrette and greens, and toss well.

Serve salad with garlic croutons.

## Nutrition Facts



## Properties

Glycemic Index:111.25, Glycemic Load:3.14, Inflammation Score:-8, Nutrition Score:8.3843477912571%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 89.71kcal (4.49%), Fat: 4.22g (6.5%), Saturated Fat: 0.59g (3.71%), Carbohydrates: 10.85g (3.62%), Net Carbohydrates: 10.6g (3.86%), Sugar: 2.74g (3.05%), Cholesterol: 0mg (0%), Sodium: 214.56mg (9.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.32%), Vitamin C: 37.75mg (45.76%), Vitamin A: 1819.18IU (36.38%), Manganese: 0.34mg (16.97%), Folate: 64.65µg (16.16%), Potassium: 313.67mg (8.96%), Vitamin B6: 0.16mg (7.92%), Iron: 1.37mg (7.61%), Phosphorus: 73.33mg (7.33%), Vitamin B2: 0.1mg (5.81%), Magnesium: 22.04mg (5.51%), Vitamin B3: 1.08mg (5.4%), Vitamin B1: 0.08mg (5.3%), Copper: 0.1mg (5.04%), Vitamin E: 0.59mg (3.92%), Calcium: 32.02mg (3.2%), Selenium: 1.98µg (2.83%), Zinc: 0.42mg (2.79%), Vitamin K: 2.89µg (2.75%), Vitamin B5: 0.22mg (2.23%)