



Baby Greens with Champagne Vinaigrette



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



85 kcal

SIDE DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 0.3 cup champagne vinegar
- ☐ 2 tablespoons dijon mustard
- ☐ 2 tablespoons mayonnaise
- ☐ 1 pound baby greens mixed
- ☐ 1 cup olive oil extra-virgin
- ☐ 1 teaspoon sea salt

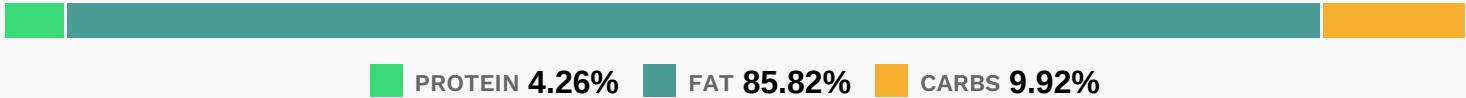
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients in a large bowl. Slowly add olive oil in a steady stream, whisking until mixture thickens. Season to taste with black pepper.
- ☐ Drizzle over mixed greens.
- ☐ Serve remaining vinaigrette on the side.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:3.5291304275717%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 84.57kcal (4.23%), Fat: 8.19g (12.6%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 2.13g (0.71%), Net Carbohydrates: 1.94g (0.71%), Sugar: 0.07g (0.08%), Cholesterol: 1.47mg (0.49%), Sodium: 369.63mg (16.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.83%), Vitamin C: 13.21mg (16.01%), Vitamin A: 649.59IU (12.99%), Vitamin K: 9.18µg (8.74%), Vitamin E: 0.91mg (6.04%), Manganese: 0.12mg (5.81%), Folate: 21.43µg (5.36%), Potassium: 108.2mg (3.09%), Iron: 0.5mg (2.78%), Phosphorus: 27.65mg (2.77%), Vitamin B6: 0.05mg (2.43%), Selenium: 1.59µg (2.27%), Magnesium: 8.55mg (2.14%), Vitamin B2: 0.03mg (1.86%), Copper: 0.03mg (1.7%), Vitamin B3: 0.33mg (1.67%), Vitamin B1: 0.02mg (1.64%), Calcium: 11.14mg (1.11%), Zinc: 0.15mg (1.02%)