



Baby Greens With Molasses Vinaigrette



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



106 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 8 servings cornbread croutons
- ☐ 1 tablespoon dijon mustard coarse-grained
- ☐ 1 garlic clove minced
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 tablespoons blackstrap molasses
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon pepper

- ☐ 0.3 onion red thinly sliced
- ☐ 5 oz spring greens mix washed

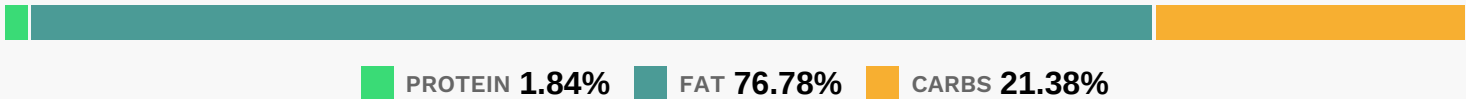
Equipment

- ☐ whisk

Directions

- ☐ Whisk together olive oil, vinegar, molasses, Dijon mustard, garlic, kosher salt, and pepper. Toss desired amount of dressing with spring greens mix. Top with onion and cornbread croutons.
- ☐ Serve with remaining dressing.

Nutrition Facts



Properties

Glycemic Index:34.63, Glycemic Load:2.29, Inflammation Score:-3, Nutrition Score:2.6443478620571%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 105.92kcal (5.3%), Fat: 9.16g (14.09%), Saturated Fat: 1.27g (7.93%), Carbohydrates: 5.73g (1.91%), Net Carbohydrates: 5.5g (2%), Sugar: 3.94g (4.38%), Cholesterol: 0mg (0%), Sodium: 252.86mg (10.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.99%), Vitamin E: 1.3mg (8.7%), Manganese: 0.16mg (8.06%), Vitamin C: 4.49mg (5.44%), Vitamin K: 5.67µg (5.4%), Magnesium: 16.29mg (4.07%), Vitamin A: 203.4IU (4.07%), Potassium: 121.3mg (3.47%), Selenium: 2.06µg (2.94%), Vitamin B6: 0.06mg (2.92%), Iron: 0.51mg (2.84%), Folate: 8.69µg (2.17%), Copper: 0.04mg (2.06%), Calcium: 17.27mg (1.73%), Phosphorus: 14mg (1.4%), Vitamin B1: 0.02mg (1.31%), Vitamin B3: 0.22mg (1.08%)