



Baby Greens with Roasted Tomatoes and Parmesan

 Gluten Free

READY IN



32 min.

SERVINGS



6

CALORIES



130 kcal

SIDE DISH

Ingredients

- 6 ounce spinach and arugula mix fresh (such as Express Baby Blends Spicy Spinach)
- 0.3 cup balsamic vinaigrette light divided (such as Newman's Own)
- 0.3 teaspoon pepper black freshly ground
- 1 pint grape tomatoes halved
- 1 ounce parmesan cheese fresh shaved
- 0.3 cup pinenuts toasted
- 0.3 cup onion red thinly sliced

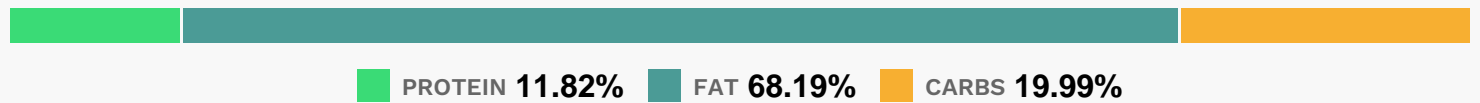
Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 45
- Combine tomatoes and 2 tablespoons balsamic vinaigrette on a jelly-roll pan, tossing well to coat.
- Bake at 450 for 15 minutes or until shriveled and roasted. Cool completely (about 15 minutes).
- Combine cooled tomatoes, spinach and arugula mix, and next 4 ingredients in a large bowl, tossing well to combine.
- Add remaining dressing; toss well to coat.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:1.23, Inflammation Score:-8, Nutrition Score:9.9026087613209%

Flavonoids

Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg Kaempferol: 10.02mg, Kaempferol: 10.02mg, Kaempferol: 10.02mg, Kaempferol: 10.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

Nutrients (% of daily need)

Calories: 129.5kcal (6.47%), Fat: 10.23g (15.74%), Saturated Fat: 1.54g (9.62%), Carbohydrates: 6.75g (2.25%), Net Carbohydrates: 4.97g (1.81%), Sugar: 3.71g (4.12%), Cholesterol: 3.21mg (1.07%), Sodium: 205.78mg (8.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.98%), Vitamin K: 40.42µg (38.49%), Manganese: 0.7mg (34.95%), Vitamin A: 1368.83IU (27.38%), Vitamin C: 15.76mg (19.1%), Calcium: 113.81mg (11.38%), Folate: 43.27µg (10.82%), Phosphorus: 101.51mg (10.15%), Potassium: 343.53mg (9.82%), Magnesium: 39.23mg (9.81%), Copper: 0.15mg (7.42%), Vitamin E: 1.09mg (7.24%), Fiber: 1.78g (7.12%), Iron: 1mg (5.57%), Vitamin B6: 0.1mg (5.21%), Zinc:

0.78mg (5.17%), Vitamin B1: 0.07mg (4.54%), Vitamin B2: 0.07mg (4.14%), Vitamin B3: 0.83mg (4.13%), Vitamin B5:
0.25mg (2.45%), Selenium: 1.24µg (1.77%)