



Bitter Greens with Tarragon Vinaigrette and Pine Nuts



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



116 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 teaspoons dijon mustard
- ☐ 2 tablespoons yogurt plain fat-free
- ☐ 5 cups bitter greens mixed
- ☐ 2 teaspoons honey
- ☐ 1 teaspoon olive oil
- ☐ 1 tablespoon pinenuts toasted

- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon teaspoon tarragon dried fresh chopped
- ☐ 2 tablespoons citrus champagne vinegar

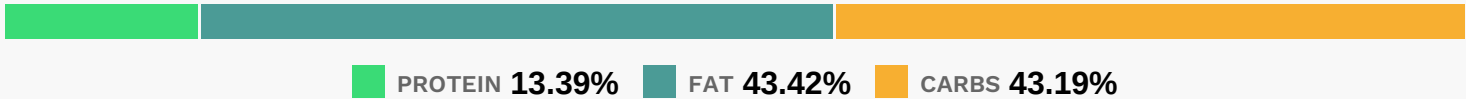
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 8 ingredients in a small bowl; stir well with a whisk.
- ☐ Place greens and pine nuts in a large bowl, and drizzle with vinaigrette.

Nutrition Facts



Properties

Glycemic Index:93.14, Glycemic Load:4.09, Inflammation Score:-8, Nutrition Score:10.227826097737%

Nutrients (% of daily need)

Calories: 116.35kcal (5.82%), Fat: 5.95g (9.16%), Saturated Fat: 0.63g (3.96%), Carbohydrates: 13.32g (4.44%), Net Carbohydrates: 12.62g (4.59%), Sugar: 7.53g (8.37%), Cholesterol: 0.4mg (0.13%), Sodium: 245.56mg (10.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.26%), Manganese: 0.92mg (45.83%), Vitamin C: 25.3mg (30.67%), Vitamin A: 1290.08IU (25.8%), Folate: 51.2µg (12.8%), Iron: 2.26mg (12.53%), Phosphorus: 117.18mg (11.72%), Potassium: 377.25mg (10.78%), Magnesium: 42.85mg (10.71%), Calcium: 98.6mg (9.86%), Vitamin B2: 0.16mg (9.48%), Vitamin B6: 0.19mg (9.26%), Copper: 0.15mg (7.61%), Zinc: 0.92mg (6.11%), Vitamin B3: 1.15mg (5.73%), Vitamin E: 0.77mg (5.16%), Vitamin B1: 0.08mg (5.08%), Selenium: 3.07µg (4.39%), Vitamin K: 4.22µg (4.02%), Vitamin B5: 0.29mg (2.85%), Fiber: 0.7g (2.82%), Vitamin B12: 0.12µg (2.03%)