

Cafe Green Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



101 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon balsamic vinegar
- 1 teaspoon dijon mustard
- 1 garlic clove sliced in 1/2
- 3 tablespoons olive oil
- 4 servings salt and pepper black freshly ground
- 1 tablespoon soya sauce

Equipment

- bowl

whisk

Directions

Watch how to make this recipe.

cups mixed greens, the darker the better (not iceberg)

Rub the inside of a large wooden bowl with the garlic clove and then either discard it or save it for another use.

Put the mustard in the bowl and whisk in the balsamic vinegar and soy sauce (a French secret!) vigorously for about 10 seconds to get a creamy consistency. Season with salt and pepper, to taste.

Drizzle in the olive oil as slowly as possible with 1 hand while whisking as quickly as possible with the other hand to emulsify.

Lay the salad greens on top of the dressing and toss just before serving.

Nutrition Facts

 **PROTEIN 2.35%**  **FAT 92.54%**  **CARBS 5.11%**

Properties

Glycemic Index:39.75, Glycemic Load:0.46, Inflammation Score:-1, Nutrition Score:1.2713043488076%

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 101.17kcal (5.06%), Fat: 10.55g (16.24%), Saturated Fat: 1.45g (9.09%), Carbohydrates: 1.31g (0.44%), Net Carbohydrates: 1.18g (0.43%), Sugar: 0.7g (0.78%), Cholesterol: 0mg (0%), Sodium: 266.4mg (11.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.21%), Vitamin E: 1.52mg (10.12%), Vitamin K: 6.52µg (6.21%), Manganese: 0.06mg (2.91%), Iron: 0.24mg (1.32%)