



WHATSheATE



HEALTH SCORE

100%

Dandelion Salad with Warm Hazelnut Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



145 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 tablespoon balsamic vinegar



2 pounds dandelion greens



3 garlic clove



0.3 cup hazelnuts



2 tablespoons olive oil extra virgin extra-virgin

Equipment



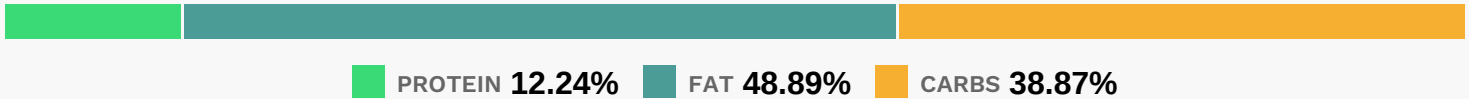
bowl

☐ frying pan

Directions

- ☐ Discard tough stems from greens.
- ☐ Cut top 5 inches from greens and reserve.
- ☐ Cut remaining greens into 3/4-inch slices.
- ☐ Transfer all greens to a large serving bowl. Coarsely chop nuts and finely chop garlic. In a small heavy skillet cook garlic and nuts in oil over moderate heat, stirring, until garlic is golden. Stir in vinegar and salt and pepper to taste.
- ☐ Pour hot vinaigrette over greens and toss to combine.

Nutrition Facts



Properties

Glycemic Index:15.83, Glycemic Load:0.42, Inflammation Score:-10, Nutrition Score:25.590434546056%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 145.27kcal (7.26%), Fat: 8.77g (13.5%), Saturated Fat: 1.13g (7.03%), Carbohydrates: 15.7g (5.23%), Net Carbohydrates: 9.89g (3.6%), Sugar: 1.7g (1.89%), Cholesterol: 0mg (0%), Sodium: 115.87mg (5.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.88%), Vitamin K: 1179.86µg (1123.68%), Vitamin A: 15364.31IU (307.29%), Vitamin C: 53.7mg (65.09%), Vitamin E: 6.62mg (44.16%), Manganese: 0.85mg (42.72%), Calcium: 291.92mg (29.19%), Iron: 4.99mg (27.74%), Vitamin B2: 0.4mg (23.55%), Fiber: 5.81g (23.23%), Vitamin B1: 0.32mg (21.5%), Vitamin B6: 0.43mg (21.31%), Potassium: 643.3mg (18.38%), Copper: 0.35mg (17.49%), Magnesium: 63.28mg (15.82%), Phosphorus: 117.09mg (11.71%), Folate: 46.52µg (11.63%), Vitamin B3: 1.32mg (6.6%), Zinc: 0.76mg (5.08%), Vitamin B5: 0.18mg (1.82%), Selenium: 1.09µg (1.56%)