



Easy Romaine Toss

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



65 kcal

SIDE DISH

Ingredients

- 0.3 cup balsamic vinegar
- 2 teaspoons dijon mustard
- 1 garlic clove minced
- 0.3 teaspoon coarsely ground pepper
- 8 cups salad greens mixed
- 0.5 cup olive oil
- 0.5 teaspoon salt
- 0.3 cup sherry vinegar

0.5 cup walnut oil

Equipment

food processor

blender

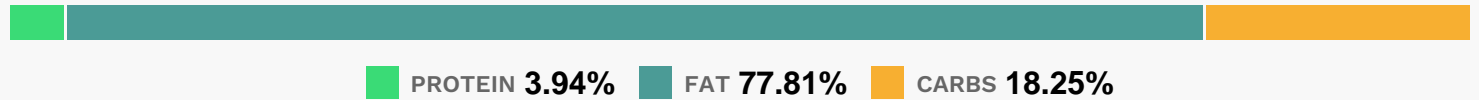
Directions

Process first 6 ingredients in a blender or food processor until smooth. Turn blender on high; add oils in a slow, steady stream. Chill, if desired.

Serve dressing at room temperature with lettuce and, if desired, toasted walnuts and tomato wedges.

* 1/2 cup olive oil may be substituted

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.73, Inflammation Score:-4, Nutrition Score:2.2665217181911%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 64.74kcal (3.24%), Fat: 5.5g (8.46%), Saturated Fat: 0.63g (3.93%), Carbohydrates: 2.9g (0.97%), Net Carbohydrates: 2.82g (1.03%), Sugar: 1.21g (1.35%), Cholesterol: 0mg (0%), Sodium: 172.25mg (7.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.25%), Vitamin C: 9.45mg (11.46%), Vitamin A: 455.66IU (9.11%), Manganese: 0.09mg (4.68%), Folate: 14.91µg (3.73%), Vitamin E: 0.41mg (2.7%), Potassium: 85.88mg (2.45%), Iron: 0.4mg (2.24%), Vitamin K: 2.16µg (2.06%), Phosphorus: 19.93mg (1.99%), Vitamin B6: 0.04mg (1.88%), Magnesium: 6.56mg (1.64%), Copper: 0.03mg (1.3%), Vitamin B2: 0.02mg (1.26%), Vitamin B3: 0.23mg (1.15%), Vitamin B1: 0.02mg (1.01%)