



## Elegant Tossed Salad

 Gluten Free

READY IN



85 min.

SERVINGS



2

CALORIES



164 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 tablespoons vegetable oil
- 1 tablespoon red wine vinegar
- 2 teaspoons parmesan cheese grated
- 2 teaspoons dijon mustard
- 0.3 teaspoon salt
- 2 oz the salad assorted
- 0.5 cup mushrooms fresh sliced
- 0.3 cup leek thinly sliced

1 serving croutons

## Equipment

bowl

## Directions

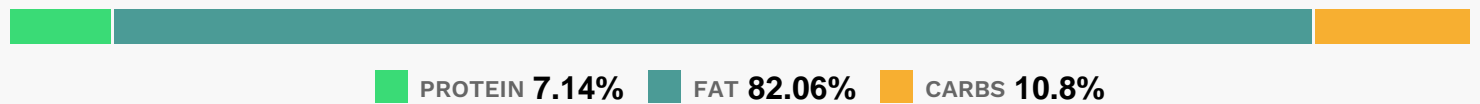
In tightly covered container, shake oil, vinegar, cheese, mustard and salt until well blended. Refrigerate at least 1 hour.

In large bowl, place salad greens, mushrooms and leek.

Add dressing; toss to coat.

Garnish with croutons.

## Nutrition Facts



## Properties

Glycemic Index:84, Glycemic Load:0.88, Inflammation Score:-5, Nutrition Score:6.2352174144724%

## Flavonoids

Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 164.09kcal (8.2%), Fat: 15.32g (23.56%), Saturated Fat: 2.88g (17.98%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 3.86g (1.4%), Sugar: 0.98g (1.09%), Cholesterol: 4.29mg (1.43%), Sodium: 446.83mg (19.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (5.99%), Vitamin K: 30.4µg (28.95%), Vitamin A: 553.69IU (11.07%), Vitamin C: 8.47mg (10.27%), Selenium: 6.07µg (8.67%), Vitamin E: 1.26mg (8.4%), Vitamin B2: 0.14mg (7.98%), Phosphorus: 73.41mg (7.34%), Manganese: 0.14mg (6.91%), Calcium: 58.7mg (5.87%), Folate: 23µg (5.75%), Vitamin B3: 1.13mg (5.63%), Copper: 0.11mg (5.57%), Potassium: 165.28mg (4.72%), Vitamin B5: 0.44mg (4.42%), Vitamin B6: 0.08mg (4.06%), Iron: 0.69mg (3.85%), Magnesium: 12.98mg (3.25%), Vitamin B1: 0.05mg (3.23%), Zinc: 0.45mg (3%), Fiber: 0.68g (2.72%), Vitamin B12: 0.08µg (1.27%)