



Elegant Tossed Salad

 Gluten Free

READY IN



85 min.

SERVINGS



2

CALORIES



162 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

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

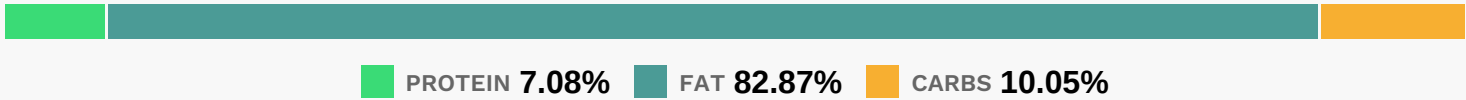
Equipment

☐ 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:48, Glycemic Load:0.63, Inflammation Score:-5, Nutrition Score:6.1717391312122%

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: 162.05kcal (8.1%), Fat: 15.28g (23.51%), Saturated Fat: 2.87g (17.94%), Carbohydrates: 4.17g (1.39%), Net Carbohydrates: 3.52g (1.28%), Sugar: 0.98g (1.09%), Cholesterol: 4.29mg (1.43%), Sodium: 443.34mg (19.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.87%), Vitamin K: 30.4µg (28.95%), Vitamin A: 553.69IU (11.07%), Vitamin C: 8.47mg (10.27%), Vitamin E: 1.26mg (8.4%), Selenium: 5.88µg (8.4%), Vitamin B2: 0.13mg (7.9%), Phosphorus: 72.84mg (7.28%), Manganese: 0.14mg (6.79%), Calcium: 58.32mg (5.83%), Folate: 22.34µg (5.58%), Copper: 0.11mg (5.52%), Vitamin B3: 1.1mg (5.49%), Potassium: 164.66mg (4.7%), Vitamin B5: 0.44mg (4.4%), Vitamin B6: 0.08mg (4.05%), Iron: 0.67mg (3.74%), Magnesium: 12.83mg (3.21%), Vitamin B1: 0.05mg (3.03%), Zinc: 0.45mg (2.97%), Fiber: 0.66g (2.62%), Vitamin B12: 0.08µg (1.27%)