



Farmers Market Green Salad with Fried Shallots



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



133 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounces mizuna and tatsoi mixed loosely packed (; 6 cups)
- ☐ 0.3 cup radish sprouts
- ☐ 6 servings sea salt to taste
- ☐ 0.5 pound shallots
- ☐ 1.5 cups vegetable oil for frying
- ☐ 1 tablespoon white-wine vinegar

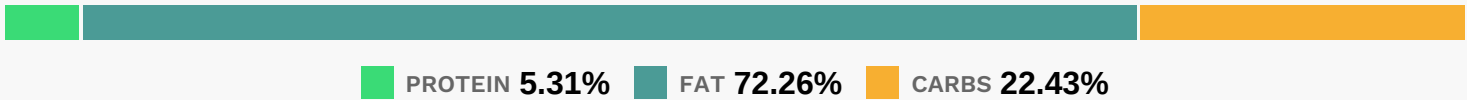
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Cut shallots into 1/8-inch-thick slices. In a heavy 10-inch skillet cook shallots in oil over moderate heat, stirring occasionally, until golden, 15 to 20 minutes. With a slotted spoon transfer shallots to paper towels to drain and season with salt. Reserve 3 tablespoons oil for dressing salad and cool shallots to room temperature. Shallots may be fried 2 days ahead and kept in an airtight container at room temperature.
- ☐ Just before serving, in a large bowl toss together greens, sprouts, reserved oil, vinegar, and sea salt.
- ☐ Sprinkle shallots over salad.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:1.68, Inflammation Score:-7, Nutrition Score:9.326956583106%

Flavonoids

Isorhamnetin: 4.59mg, Isorhamnetin: 4.59mg, Isorhamnetin: 4.59mg, Isorhamnetin: 4.59mg Kaempferol: 11.32mg, Kaempferol: 11.32mg, Kaempferol: 11.32mg, Kaempferol: 11.32mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 132.61kcal (6.63%), Fat: 11.11g (17.09%), Saturated Fat: 1.69g (10.55%), Carbohydrates: 7.76g (2.59%), Net Carbohydrates: 5.64g (2.05%), Sugar: 3.35g (3.72%), Cholesterol: 0mg (0%), Sodium: 204.32mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.67%), Vitamin K: 93.49µg (89.04%), Vitamin C: 23.49mg (28.47%), Vitamin A: 867.06IU (17.34%), Vitamin E: 1.48mg (9.84%), Vitamin B6: 0.19mg (9.37%), Fiber: 2.12g (8.47%), Potassium: 237.94mg (6.8%), Manganese: 0.12mg (5.88%), Iron: 0.95mg (5.29%), Calcium: 47.93mg (4.79%), Folate: 18.26µg (4.56%), Magnesium: 18.04mg (4.51%), Phosphorus: 41.71mg (4.17%), Copper: 0.08mg (4.15%), Vitamin B1: 0.05mg (3.17%), Vitamin B2: 0.04mg (2.41%), Vitamin B5: 0.18mg (1.85%), Vitamin B3: 0.36mg (1.81%), Zinc: 0.24mg (1.57%), Selenium: 0.72µg (1.03%)