



Farmers Market Greens



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



61 kcal

SIDE DISH

Ingredients

- ☐ 16 cups the salad mixed
- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon champagne vinegar
- ☐ 1.5 oz ice
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.1 teaspoon salt
- ☐ 0.5 tablespoon shallots finely chopped

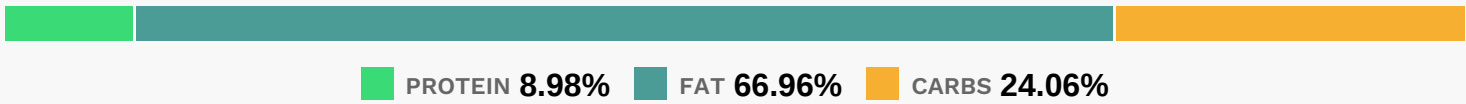
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ Whisk together vinegar, shallot, salt, and pepper in a large bowl, then add oil in a slow stream, whisking until emulsified.
- ☐ Add greens and flowers and toss until coated well.
- ☐ · Greens can be washed and dried 1 day ahead and chilled in a sealed plastic bag lined with paper towels.· Vinaigrette can be made 6 hours ahead and chilled, covered. Bring to room temperature before using.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.04, Inflammation Score:-7, Nutrition Score:5.4639130092185%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 60.56kcal (3.03%), Fat: 4.75g (7.31%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 3.84g (1.28%), Net Carbohydrates: 3.8g (1.38%), Sugar: 0.07g (0.07%), Cholesterol: 0mg (0%), Sodium: 76.94mg (3.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Vitamin C: 26.81mg (32.5%), Vitamin A: 1349.99IU (27%), Folate: 43.94µg (10.98%), Manganese: 0.17mg (8.29%), Potassium: 200.1mg (5.72%), Phosphorus: 45.84mg (4.58%), Vitamin E: 0.67mg (4.49%), Vitamin B6: 0.09mg (4.42%), Iron: 0.77mg (4.3%), Vitamin B2: 0.06mg (3.46%), Magnesium: 13.78mg (3.45%), Vitamin B3: 0.64mg (3.19%), Vitamin K: 2.88µg (2.75%), Copper: 0.05mg (2.75%), Vitamin B1: 0.04mg (2.37%), Calcium: 17.35mg (1.74%), Zinc: 0.23mg (1.52%), Vitamin B5: 0.13mg (1.31%)