



Field Greens Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



32 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon dijon mustard
- ☐ 3 cups mesclun greens
- ☐ 0.5 teaspoon olive oil
- ☐ 1 Dash pepper black freshly ground
- ☐ 2 small radishes thinly sliced
- ☐ 2 tablespoons onion red finely chopped
- ☐ 1 teaspoon red wine vinegar
- ☐ 2 teaspoons rice vinegar

- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup tomatoes red yellow seeded coarsely chopped

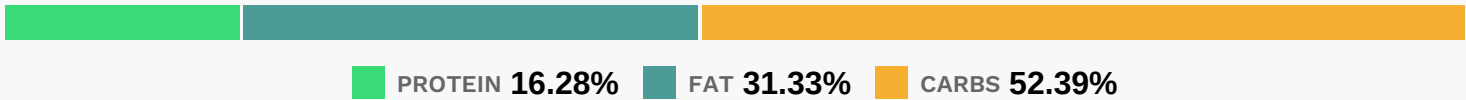
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a large bowl, stirring with a whisk.
- ☐ Add greens and remaining 3 ingredients; toss well. Divide salad between 2 individual serving plates.
- ☐ Note: Red wine vinegar may be used in place of rice vinegar, if desired.

Nutrition Facts



Properties

Glycemic Index:86.5, Glycemic Load:0.23, Inflammation Score:-6, Nutrition Score:4.6447825587314%

Flavonoids

Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 32.46kcal (1.62%), Fat: 1.21g (1.87%), Saturated Fat: 0.17g (1.06%), Carbohydrates: 4.56g (1.52%), Net Carbohydrates: 3.95g (1.44%), Sugar: 0.47g (0.52%), Cholesterol: 0mg (0%), Sodium: 181.32mg (7.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.83%), Vitamin C: 19.66mg (23.83%), Vitamin A: 682.66IU (13.65%), Folate: 40.29µg (10.07%), Manganese: 0.18mg (8.91%), Potassium: 259.66mg (7.42%), Vitamin B3: 0.97mg (4.83%), Phosphorus: 46.62mg (4.66%), Vitamin B6: 0.09mg (4.56%), Copper: 0.09mg (4.47%), Iron: 0.7mg (3.86%), Magnesium: 14.59mg (3.65%), Vitamin B2: 0.06mg (3.44%), Vitamin B1: 0.05mg (3.03%), Fiber: 0.61g (2.43%), Zinc: 0.3mg (2.01%), Calcium: 17.5mg (1.75%), Vitamin B5: 0.15mg (1.48%), Selenium: 0.75µg (1.07%)