



## Field Greens with Eggs and Enoki Mushrooms

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



75 kcal

SIDE DISH

### Ingredients

- 3 ounces enoki mushrooms trimmed
- 2 tablespoons cilantro leaves fresh minced
- 2 tablespoons spring onion thinly sliced
- 0.1 teaspoon ground pepper red
- 2 large hardboiled eggs thinly sliced
- 1 tablespoon soy sauce low-sodium
- 4 teaspoons rice vinegar
- 6 cups the salad

- 0.3 teaspoon salt
- 1 teaspoon sugar
- 1 medium tomatoes cut into 8 wedges ( 1/2 pound)
- 0.5 teaspoon vegetable oil

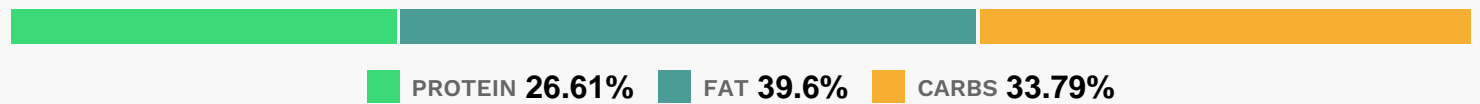
## Equipment

- whisk

## Directions

- Combine the first 7 ingredients, stirring with a whisk.
- Combine salad greens, mushrooms, green onions, and tomato.
- Pour dressing over salad, tossing gently to coat. Top with egg slices.

## Nutrition Facts



## Properties

Glycemic Index:63.52, Glycemic Load:1.07, Inflammation Score:-7, Nutrition Score:8.2921739661175%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## Nutrients (% of daily need)

Calories: 74.96kcal (3.75%), Fat: 3.41g (5.25%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 6.55g (2.18%), Net Carbohydrates: 5.48g (1.99%), Sugar: 2.23g (2.48%), Cholesterol: 93.25mg (31.08%), Sodium: 338.82mg (14.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.32%), Vitamin C: 18.8mg (22.79%), Vitamin A: 1137.16IU (22.74%), Folate: 51.89µg (12.97%), Vitamin B2: 0.22mg (12.92%), Selenium: 8.48µg (12.12%), Vitamin B3: 2.09mg (10.46%), Phosphorus: 104.33mg (10.43%), Vitamin K: 10.42µg (9.92%), Potassium: 308.72mg (8.82%), Manganese: 0.17mg (8.64%), Vitamin B5: 0.75mg (7.52%), Vitamin B6: 0.13mg (6.71%), Vitamin B1: 0.1mg (6.49%), Iron: 1.11mg (6.18%), Magnesium: 19.45mg (4.86%), Vitamin B12: 0.28µg (4.63%), Fiber: 1.07g (4.29%), Zinc: 0.63mg (4.17%), Copper: 0.08mg (3.99%), Vitamin D: 0.57µg (3.81%), Vitamin E: 0.53mg (3.52%), Calcium: 27.36mg (2.74%)