



Field Greens with Sage-Piñon Vinaigrette

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

12

CALORIES

calories

66 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 tablespoons sage leaves dried fresh chopped
- ☐ 1 clove garlic minced
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup pinenuts
- ☐ 10 oz tender salad leaves mixed rinsed
- ☐ 12 servings salt and pepper

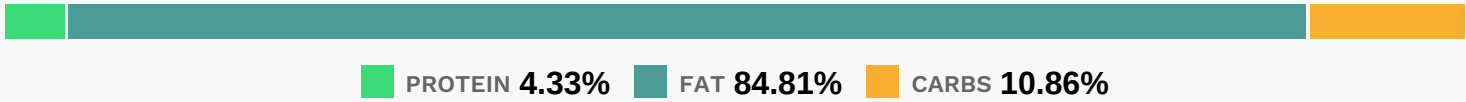
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ In a 6- to 8-inch frying pan over medium heat, stir nuts until golden, about 4 minutes.
- ☐ Pour from pan and coarsely chop half the nuts.
- ☐ In a blender, whirl chopped nuts, oil, sage, vinegar, and garlic until smooth.
- ☐ In a large bowl, gently mix salad leaves with dressing to coat well, then add remaining nuts. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:0.25, Inflammation Score:-3, Nutrition Score:2.9778261126383%

Flavonoids

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

Nutrients (% of daily need)

Calories: 66.26kcal (3.31%), Fat: 6.48g (9.98%), Saturated Fat: 0.78g (4.91%), Carbohydrates: 1.87g (0.62%), Net Carbohydrates: 1.62g (0.59%), Sugar: 0.51g (0.56%), Cholesterol: 0mg (0%), Sodium: 200.77mg (8.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.49%), Manganese: 0.3mg (15.05%), Vitamin K: 9.94µg (9.47%), Vitamin C: 5.69mg (6.9%), Vitamin E: 0.94mg (6.24%), Vitamin A: 288.88IU (5.78%), Magnesium: 11.47mg (2.87%), Phosphorus: 26.58mg (2.66%), Copper: 0.05mg (2.65%), Folate: 10.62µg (2.65%), Iron: 0.45mg (2.49%), Potassium: 65.07mg (1.86%), Zinc: 0.25mg (1.68%), Vitamin B6: 0.03mg (1.68%), Vitamin B3: 0.27mg (1.37%), Vitamin B1: 0.02mg (1.36%), Vitamin B2: 0.02mg (1.15%), Calcium: 10.37mg (1.04%)