



Garden Herb Salad with Roasted Shallot Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



31 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 2 tablespoons red wine vinegar
- ☐ 4 ounce the salad
- ☐ 0.3 teaspoon salt
- ☐ 1 medium shallots peeled

☐ 1 teaspoon sugar

Equipment

☐ bowl

☐ oven

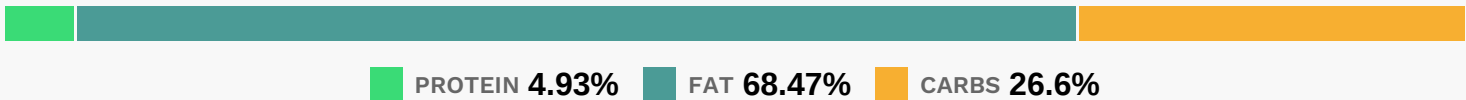
☐ whisk

☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Wrap shallot in foil.
- ☐ Bake at 400 for 35 minutes; cool for 10 minutes. Peel and mince.
- ☐ Combine shallot, vinegar, oil, sugar, mustard, salt, and pepper in a large bowl; stir well with a whisk.
- ☐ Add salad mix; toss well to coat.

Nutrition Facts



Properties

Glycemic Index:27.35, Glycemic Load:0.65, Inflammation Score:-2, Nutrition Score:1.3243478225625%

Nutrients (% of daily need)

Calories: 30.88kcal (1.54%), Fat: 2.38g (3.67%), Saturated Fat: 0.33g (2.05%), Carbohydrates: 2.08g (0.69%), Net Carbohydrates: 1.89g (0.69%), Sugar: 1.01g (1.12%), Cholesterol: 0mg (0%), Sodium: 111.95mg (4.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.77%), Vitamin C: 4.75mg (5.75%), Vitamin A: 215.91IU (4.32%), Manganese: 0.06mg (2.83%), Vitamin E: 0.34mg (2.28%), Folate: 8.48µg (2.12%), Vitamin B6: 0.03mg (1.52%), Vitamin K: 1.59µg (1.51%), Potassium: 50.79mg (1.45%), Iron: 0.23mg (1.26%), Phosphorus: 11.3mg (1.13%)