



HEALTH SCORE

86%

Garden Salad With Tarragon-Mustard Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



54 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



2 tablespoons chives fresh minced



1 tablespoon tarragon fresh minced



8 cups romaine leaves green red



6 servings mustard

Equipment

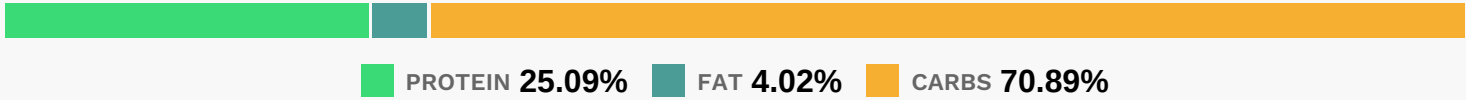


bowl

Directions

- ☐ Toss together lettuce, chives, and tarragon in a large bowl.
- ☐ Drizzle with Tarragon–Mustard Vinaigrette just before serving.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:0.37, Inflammation Score:-10, Nutrition Score:18.533913130346%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 54.11kcal (2.71%), Fat: 0.26g (0.4%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 10.36g (3.45%), Net Carbohydrates: 6.88g (2.5%), Sugar: 3.24g (3.6%), Cholesterol: 0mg (0%), Sodium: 144.08mg (6.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.33%), Vitamin A: 23452.05IU (469.04%), Vitamin C: 57.97mg (70.26%), Manganese: 1.06mg (53.19%), Folate: 124.47µg (31.12%), Vitamin B1: 0.33mg (21.91%), Vitamin B2: 0.34mg (19.74%), Potassium: 657.67mg (18.79%), Iron: 3.31mg (18.4%), Vitamin B6: 0.35mg (17.42%), Fiber: 3.48g (13.92%), Calcium: 130.92mg (13.09%), Magnesium: 47.88mg (11.97%), Phosphorus: 101.11mg (10.11%), Vitamin B3: 1.4mg (7%), Vitamin E: 0.97mg (6.44%), Selenium: 3.65µg (5.22%), Zinc: 0.71mg (4.76%), Vitamin K: 2.2µg (2.1%)