



George's of Tybee Mixed Greens Tossed in Honey Vinaigrette

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



233 kcal

SIDE DISH

Ingredients

- 6 servings pepper black freshly ground
- 1.5 teaspoons dijon mustard
- 0.5 cup cranberries dried
- 1 cup goat cheese crumbled (Chevre)
- 2 tablespoons honey
- 1 mangos diced peeled seeded
- 6 servings mint sprigs for garnish

- 10 ounce salad greens mixed
- 0.3 cup rice vinegar
- 0.3 teaspoon salt plus more for seasoning
- 0.8 cup walnut oil

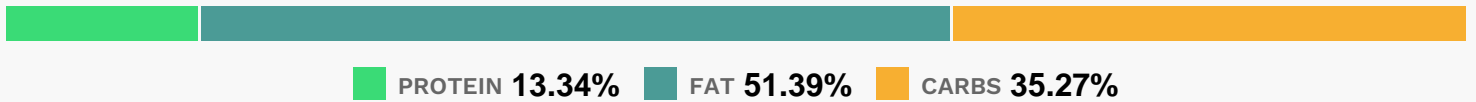
Equipment

- bowl
- blender

Directions

- In a blender combine vinegar, mustard, honey, the 1/4 teaspoon salt, and some fresh ground black pepper. Cover and blend for 30 seconds. With the blender running slowly, add oil in a thin, steady stream. (If necessary, stop blender and scrape down sides.) In a salad bowl, combine greens, mango, goat cheese, and cranberries.
- Add mint sprigs, to liking; drizzle with dressing. Toss gently to coat. Season, to taste, with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:37.17, Glycemic Load:5.42, Inflammation Score:-7, Nutrition Score:8.0521738632866%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 232.88kcal (11.64%), Fat: 13.76g (21.17%), Saturated Fat: 6.07g (37.91%), Carbohydrates: 21.25g (7.08%), Net Carbohydrates: 19.91g (7.24%), Sugar: 18.17g (20.19%), Cholesterol: 17.4mg (5.8%), Sodium: 166.99mg (7.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.08%), Vitamin C: 23.9mg (28.97%), Vitamin A: 1348.27IU (26.97%), Copper: 0.36mg (17.76%), Phosphorus: 124.17mg (12.42%), Vitamin B2: 0.19mg (11.22%), Manganese: 0.21mg (10.36%), Folate: 38.73µg (9.68%), Vitamin B6: 0.18mg (9.18%), Iron: 1.3mg (7.22%), Calcium: 71.81mg (7.18%), Fiber: 1.35g (5.39%), Vitamin K: 5.17µg (4.93%), Potassium: 169.35mg (4.84%), Magnesium: 17.48mg (4.37%), Vitamin E: 0.66mg (4.37%), Vitamin B5: 0.42mg (4.19%), Vitamin B3: 0.75mg (3.76%), Vitamin B1: 0.06mg (3.69%), Zinc: 0.53mg (3.54%), Selenium: 2.06µg (2.95%), Vitamin B12: 0.07µg (1.2%), Vitamin D: 0.15µg (1.01%)