



Green Salad and Napa Wine Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



41 kcal

SALAD

Ingredients

- ☐ 8 servings baby salad greens for 6 to 8
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 1 extra large egg yolk at room temperature
- ☐ 0.5 teaspoon garlic minced
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup olive oil good
- ☐ 0.5 teaspoon grain mustard whole

☐ 3 tablespoons sparkling wine vinegar

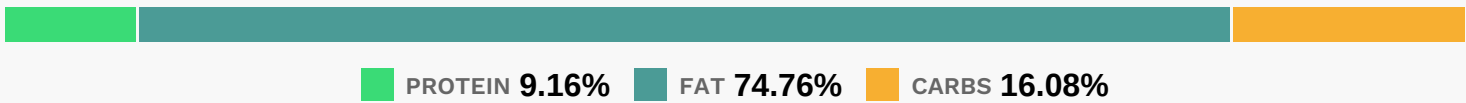
Equipment

- ☐ bowl
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ In a 2-cup glass measuring cup, whisk together the vinegar, Dijon mustard, whole grain mustard, garlic, egg yolk, salt, and pepper. Slowly whisk in the olive oil to make an emulsion. You should have about 2/3 cup vinaigrette.
- ☐ When ready to serve, place the salad greens in a bowl and pour on enough vinaigrette to moisten.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:2.5491304397583%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 41.43kcal (2.07%), Fat: 3.36g (5.17%), Saturated Fat: 0.6g (3.72%), Carbohydrates: 1.63g (0.54%), Net Carbohydrates: 1.55g (0.56%), Sugar: 0.09g (0.1%), Cholesterol: 24.3mg (8.1%), Sodium: 312.98mg (13.61%), Alcohol: 0.36g (100%), Alcohol %: 0.72% (100%), Protein: 0.93g (1.85%), Vitamin C: 9.34mg (11.32%), Vitamin A: 488.21IU (9.76%), Folate: 18.23µg (4.56%), Manganese: 0.08mg (4.19%), Vitamin E: 0.45mg (3.01%), Phosphorus: 26.72mg (2.67%), Selenium: 1.78µg (2.55%), Potassium: 80.11mg (2.29%), Vitamin B6: 0.04mg (2.22%), Iron: 0.38mg (2.13%), Vitamin B2: 0.03mg (1.97%), Vitamin K: 1.86µg (1.77%), Magnesium: 5.79mg (1.45%), Copper: 0.03mg (1.27%), Vitamin B1: 0.02mg (1.22%), Vitamin B5: 0.12mg (1.21%), Vitamin B3: 0.23mg (1.17%), Calcium: 10.3mg (1.03%)