



Green Salad with Hazelnut Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



8 min.

SERVINGS



4

CALORIES



54 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon dijon mustard
- ☐ 1.5 tablespoons hazelnut oil toasted
- ☐ 1.5 teaspoons red wine vinegar
- ☐ 4 cups d herb salad blend fresh (such as Express)
- ☐ 0.1 teaspoon sea salt fine
- ☐ 0.5 shallots thinly sliced

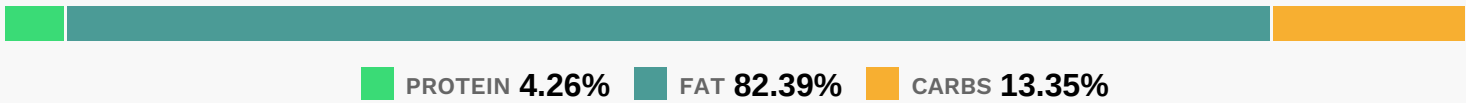
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients in a large bowl, stirring with a whisk. Gradually add oil to vinegar mixture, stirring constantly with a whisk.
- ☐ Add salad blend and shallot, tossing to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:2.6765217677407%

Nutrients (% of daily need)

Calories: 54.44kcal (2.72%), Fat: 5.14g (7.91%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 1.87g (0.62%), Net Carbohydrates: 1.75g (0.63%), Sugar: 0.25g (0.28%), Cholesterol: 0mg (0%), Sodium: 87.05mg (3.78%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.6g (1.2%), Vitamin E: 2.41mg (16.07%), Vitamin C: 9.54mg (11.56%), Vitamin A: 455.09IU (9.1%), Folate: 15.9µg (3.97%), Manganese: 0.08mg (3.91%), Potassium: 81.28mg (2.32%), Vitamin B6: 0.04mg (2.16%), Phosphorus: 18.06mg (1.81%), Iron: 0.31mg (1.72%), Magnesium: 5.39mg (1.35%), Vitamin B2: 0.02mg (1.23%), Copper: 0.02mg (1.2%), Vitamin B3: 0.23mg (1.14%)