



WHATSheATE



Green Salad with Mustard Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



59 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 cups a mix of romaine and boston and bibb lettuces mixed
- ☐ 0.3 cup cider vinegar
- ☐ 4 teaspoons grainy mustard
- ☐ 0.5 teaspoon sugar
- ☐ 1 cup vegetable oil

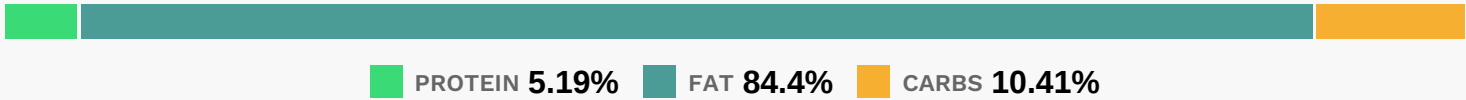
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together vinegar, mustard, sugar, 3/4 teaspoon salt, and 1/2 teaspoon pepper in a large bowl.
- ☐ Add oil in a slow stream, whisking until emulsified. Season with salt and pepper.
- ☐ Add lettuce and toss to coat.
- ☐ Josmeyer Les Folastries
- ☐ Gewürztraminer '05
- ☐ Vinaigrette can be made 1 day ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:17.76, Glycemic Load:0.21, Inflammation Score:-8, Nutrition Score:6.0639130162156%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 58.73kcal (2.94%), Fat: 5.65g (8.69%), Saturated Fat: 0.85g (5.32%), Carbohydrates: 1.57g (0.52%), Net Carbohydrates: 0.91g (0.33%), Sugar: 0.78g (0.87%), Cholesterol: 0mg (0%), Sodium: 30.38mg (1.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.56%), Vitamin K: 61.21µg (58.3%), Vitamin A: 1657.78IU (33.16%), Folate: 36.67µg (9.17%), Manganese: 0.12mg (5.93%), Iron: 0.68mg (3.76%), Potassium: 128.21mg (3.66%), Vitamin E: 0.54mg (3.63%), Fiber: 0.66g (2.63%), Vitamin C: 1.86mg (2.25%), Vitamin B1: 0.03mg (2.21%), Vitamin B6: 0.04mg (2.14%), Magnesium: 8.07mg (2.02%), Phosphorus: 19.8mg (1.98%), Calcium: 19.6mg (1.96%), Vitamin B2: 0.03mg (1.92%), Selenium: 1.16µg (1.66%)