



Green Salad with White Wine Vinaigrette

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



209 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 oz arugula fresh
- ☐ 1 avocado peeled chopped
- ☐ 5 oz baby spinach fresh
- ☐ 2 cups boston lettuce
- ☐ 1 tablespoon dijon mustard country-style
- ☐ 0.5 cup parsley fresh chopped
- ☐ 0.3 cup tarragon fresh chopped
- ☐ 8 oz haricots verts (tiny green beans)

- ☐ 0.5 cup olive oil
- ☐ 8 servings parmesan shaved
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup citrus champagne vinegar

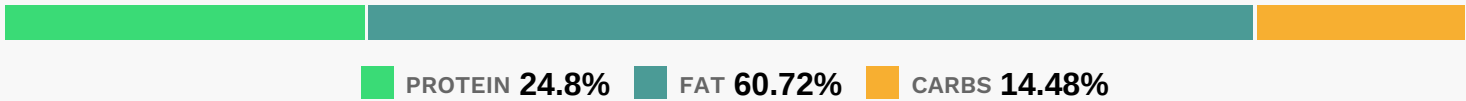
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook green beans in boiling salted water to cover 4 to 5 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain.
- ☐ Whisk together olive oil and next 4 ingredients.
- ☐ Toss together spinach, next 5 ingredients, and green beans in a large bowl.
- ☐ Drizzle with olive oil mixture; toss gently to coat.
- ☐ Garnish, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.88, Glycemic Load:1.73, Inflammation Score:-10, Nutrition Score:19.928695886031%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg Kaempferol: 7.5mg, Kaempferol: 7.5mg, Kaempferol: 7.5mg, Kaempferol: 7.5mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg

0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 209.36kcal (10.47%), Fat: 14.63g (22.51%), Saturated Fat: 5.92g (36.97%), Carbohydrates: 7.85g (2.62%), Net Carbohydrates: 4.25g (1.55%), Sugar: 1.94g (2.16%), Cholesterol: 20.4mg (6.8%), Sodium: 673.19mg (29.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.44g (26.88%), Vitamin K: 198.91µg (189.44%), Vitamin A: 3347.02IU (66.94%), Calcium: 444.32mg (44.43%), Phosphorus: 263.94mg (26.39%), Folate: 102.7µg (25.68%), Manganese: 0.49mg (24.68%), Vitamin C: 19.9mg (24.12%), Magnesium: 60.24mg (15.06%), Vitamin B2: 0.24mg (14.39%), Fiber: 3.6g (14.39%), Potassium: 478.79mg (13.68%), Iron: 2.4mg (13.35%), Vitamin B6: 0.23mg (11.64%), Selenium: 8.04µg (11.49%), Vitamin E: 1.58mg (10.57%), Zinc: 1.37mg (9.16%), Vitamin B5: 0.68mg (6.78%), Copper: 0.13mg (6.74%), Vitamin B1: 0.09mg (6.09%), Vitamin B12: 0.36µg (6%), Vitamin B3: 1.16mg (5.78%)