



## Greens and Shallot Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



78 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black
- 2 tablespoons olive oil
- 6 cups gourmet salad greens
- 0.1 teaspoon salt
- 1 shallots sliced
- 2 tablespoons sherry vinegar

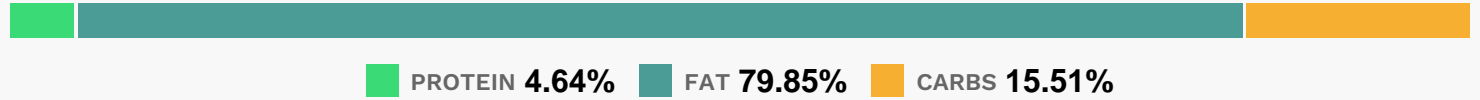
### Equipment

- bowl

## Directions

- Combine olive oil, vinegar, pepper, and salt in a medium bowl.
- Add salad greens and sliced shallot to bowl; toss gently.

## Nutrition Facts



## Properties

Glycemic Index:15.5, Glycemic Load:0.27, Inflammation Score:-5, Nutrition Score:3.5230435068193%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 77.72kcal (3.89%), Fat: 7.05g (10.85%), Saturated Fat: 0.97g (6.09%), Carbohydrates: 3.08g (1.03%), Net Carbohydrates: 2.85g (1.04%), Sugar: 0.49g (0.55%), Cholesterol: 0mg (0%), Sodium: 89.79mg (3.9%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Vitamin C: 14.46mg (17.52%), Vitamin A: 682.53IU (13.65%), Vitamin E: 1.01mg (6.75%), Manganese: 0.13mg (6.3%), Folate: 24.35µg (6.09%), Vitamin K: 4.47µg (4.26%), Potassium: 128.75mg (3.68%), Vitamin B6: 0.07mg (3.5%), Iron: 0.54mg (2.99%), Phosphorus: 27.95mg (2.79%), Magnesium: 8.43mg (2.11%), Copper: 0.04mg (1.9%), Vitamin B2: 0.03mg (1.85%), Vitamin B3: 0.34mg (1.72%), Vitamin B1: 0.02mg (1.46%), Calcium: 11.23mg (1.12%), Zinc: 0.15mg (1.03%)