



WHATSheATE



Greens and Sherry Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



6

CALORIES



51 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon dijon mustard
- ☐ 8 cups salad greens mixed
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sherry vinegar

Equipment

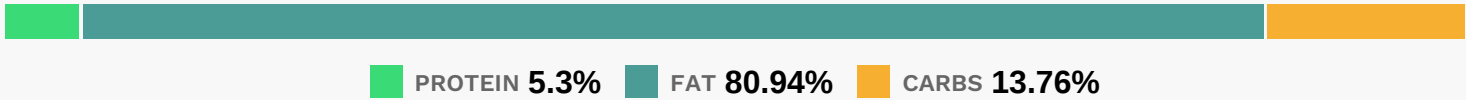
- ☐ bowl

☐ whisk

Directions

- ☐ Combine vinegar, olive oil, Dijon mustard, salt, and pepper in a large bowl; stir well with a whisk.
- ☐ Add mixed salad greens; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:2.7613043538902%

Flavonoids

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

Nutrients (% of daily need)

Calories: 51.2kcal (2.56%), Fat: 4.72g (7.26%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 1.81g (0.6%), Net Carbohydrates: 1.77g (0.64%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 115.86mg (5.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.39%), Vitamin C: 12.4mg (15.03%), Vitamin A: 606.62IU (12.13%), Folate: 19.78µg (4.94%), Manganese: 0.09mg (4.67%), Vitamin E: 0.67mg (4.5%), Vitamin K: 2.95µg (2.81%), Potassium: 95.48mg (2.73%), Iron: 0.4mg (2.22%), Phosphorus: 21.78mg (2.18%), Vitamin B6: 0.04mg (2.16%), Magnesium: 6.41mg (1.6%), Vitamin B2: 0.03mg (1.59%), Vitamin B3: 0.3mg (1.48%), Copper: 0.03mg (1.43%), Vitamin B1: 0.02mg (1.13%)