Greens with Creamy Berry Dressing

Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	6	111 kcal

SIDE DISH

Ingredients

- [ ] 0.3 cup balsamic vinegar
- [ ] 0.3 teaspoon pepper black
- [ ] 1 cup seasoned croutons plain fat-free
- [ ] 1 cup cucumber thinly sliced
- [ ] 1 tablespoon dijon mustard
- [ ] 2 garlic cloves minced crushed
- [ ] 0.3 cup mayonnaise light
- [ ] 1 cup grapes red seedless halved

- [ ] 0.5 cup onion red separated thinly sliced
- [ ] 6 cups torn romaine lettuce
- [ ] 0.5 teaspoon sugar
- [ ] 0.3 cup cranberries dried sweetened (such as Craisins)
- [ ] 1 tablespoon water

Equipment

- [ ] bowl
- [ ] whisk

Directions

- [ ] Combine cranberries and vinegar in a small bowl. Cover and let stand 30 minutes.
- [ ] Add the mayonnaise and the next 5 ingredients (mayonnaise through garlic); stir well with a whisk. Cover and chill.
- [ ] Combine lettuce and remaining ingredients in a large bowl; add dressing, tossing gently to coat.
- [ ] Serve immediately.

Nutrition Facts

PROTEIN **6.63%** FAT **21.86%** CARBS **71.51%**

Properties

Glycemic Index:62.35, Glycemic Load:6.03, Inflammation Score:-10, Nutrition Score:10.674347768659%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 110.51kcal (5.53%), Fat: 2.8g (4.31%), Saturated Fat: 0.45g (2.83%), Carbohydrates: 20.6g (6.87%), Net Carbohydrates: 18.24g (6.63%), Sugar: 12.52g (13.91%), Cholesterol: 1.49mg (0.5%), Sodium: 147.92mg (6.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Vitamin A: 4135.39IU (82.71%), Vitamin K: 59.21µg (56.39%), Folate: 77.25µg (19.31%), Manganese: 0.22mg (10.97%), Fiber: 2.36g (9.43%), Potassium: 246.94mg (7.06%), Vitamin B1: 0.1mg (6.92%), Vitamin C: 4.72mg (5.72%), Iron: 1.01mg (5.6%), Vitamin B6: 0.1mg (5.11%), Copper: 0.1mg (4.94%), Selenium: 3.46µg (4.94%), Vitamin B2: 0.08mg (4.51%), Magnesium: 17.23mg (4.31%), Phosphorus: 41.72mg (4.17%), Calcium: 35.86mg (3.59%), Vitamin E: 0.47mg (3.16%), Vitamin B3: 0.55mg (2.75%), Vitamin B5: 0.2mg (2.05%), Zinc: 0.28mg (1.87%)