



Greens with Maple-Balsamic Dressing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



100 kcal

SIDE DISH

Ingredients

- ☐ 8 ounce goat cheese sliced
- ☐ 10 servings maple-balsamic dressing
- ☐ 20 ounce greens mixed
- ☐ 1 pint pear tomatoes yellow

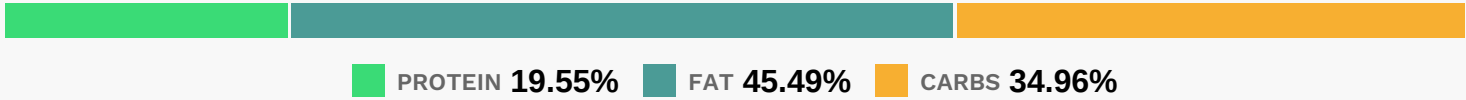
Equipment

- ☐ bowl

Directions

- ☐ Combine greens and tomatoes in a large serving bowl. Top with goat cheese.
- ☐ Drizzle with Maple-Balsamic Dressing, or serve on the side.

Nutrition Facts



Properties

Glycemic Index:3.67, Glycemic Load:2.1, Inflammation Score:-6, Nutrition Score:5.2769564649333%

Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 99.58kcal (4.98%), Fat: 5.25g (8.08%), Saturated Fat: 3.35g (20.97%), Carbohydrates: 9.08g (3.03%), Net Carbohydrates: 7.62g (2.77%), Sugar: 4.85g (5.39%), Cholesterol: 10.43mg (3.48%), Sodium: 107.68mg (4.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.16%), Vitamin C: 15.19mg (18.41%), Vitamin A: 890.21IU (17.8%), Copper: 0.23mg (11.66%), Phosphorus: 85.85mg (8.59%), Vitamin B2: 0.13mg (7.46%), Folate: 27.01µg (6.75%), Manganese: 0.13mg (6.44%), Fiber: 1.47g (5.87%), Vitamin B6: 0.12mg (5.79%), Iron: 0.87mg (4.85%), Potassium: 158.31mg (4.52%), Calcium: 43.48mg (4.35%), Magnesium: 13.18mg (3.29%), Vitamin B1: 0.04mg (2.57%), Zinc: 0.38mg (2.5%), Vitamin B5: 0.25mg (2.45%), Vitamin B3: 0.49mg (2.43%), Vitamin K: 2.49µg (2.37%), Selenium: 0.91µg (1.3%)