



Greens with Quick Artichoke Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



96 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce artichoke hearts packed in water or oil, drained and roughly chopped
- ☐ 8 servings kosher salt and pepper
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 10 ounce greens mixed
- ☐ 0.3 cup olive oil extra-virgin

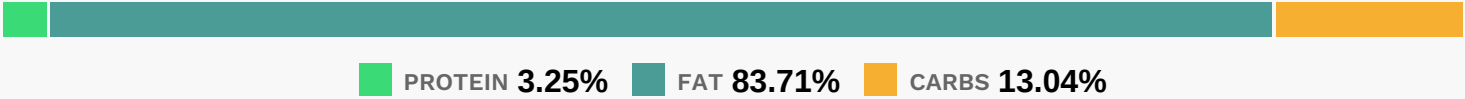
Equipment

- ☐ bowl
- ☐ whisk

Directions

☐ In a medium bowl, whisk together the lemon juice, oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Stir in the artichokes. Divide the greens among individual plates and top with the vinaigrette.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:2.4569565349299%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 96.28kcal (4.81%), Fat: 9.04g (13.91%), Saturated Fat: 1.25g (7.8%), Carbohydrates: 3.17g (1.06%), Net Carbohydrates: 2.49g (0.91%), Sugar: 0.47g (0.52%), Cholesterol: 0mg (0%), Sodium: 360.25mg (15.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Vitamin C: 10.4mg (12.6%), Vitamin E: 1.3mg (8.7%), Vitamin A: 402.9IU (8.06%), Vitamin K: 5.42µg (5.16%), Folate: 14.24µg (3.56%), Fiber: 0.67g (2.69%), Manganese: 0.05mg (2.66%), Potassium: 66.88mg (1.91%), Iron: 0.28mg (1.55%), Vitamin B6: 0.03mg (1.55%), Phosphorus: 14.27mg (1.43%), Vitamin B2: 0.02mg (1.09%), Magnesium: 4.24mg (1.06%)