



Mache and Herb Power Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



171 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup basil leaves
- ☐ 0.5 cup flat-leaf parsley leaves
- ☐ 0.3 cup strong herbs fresh such as chives, chervil, tarragon or dill
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 4 cups baby greens mixed
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 cup slivered almonds toasted

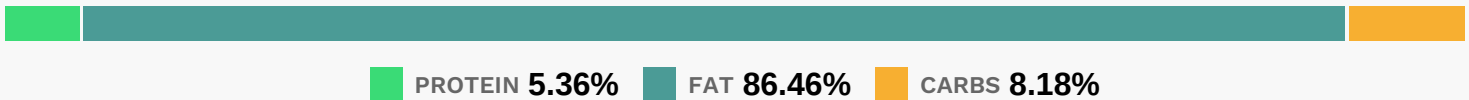
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large bowl, combine the greens, parsley, basil and other herbs.
- ☐ Put the vinegar in a small bowl and, whisking constantly, slowly drizzle in the olive oil in a thin stream. Season the vinaigrette with salt and pepper.
- ☐ Dress the salad with the vinaigrette, tossing to coat the leaves.
- ☐ Sprinkle the nuts on top and serve.
- ☐ Photograph by Kat Deutsch

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:0.2, Inflammation Score:-8, Nutrition Score:11.832173816536%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 24.25mg, Apigenin: 24.25mg, Apigenin: 24.25mg, Apigenin: 24.25mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 171.24kcal (8.56%), Fat: 17.01g (26.17%), Saturated Fat: 2.14g (13.38%), Carbohydrates: 3.62g (1.21%), Net Carbohydrates: 2.33g (0.85%), Sugar: 0.4g (0.44%), Cholesterol: 0mg (0%), Sodium: 17.78mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.75%), Vitamin K: 205.24µg (195.47%), Vitamin A: 1560.96IU (31.22%), Vitamin C: 24.82mg (30.08%), Vitamin E: 3.78mg (25.21%), Manganese: 0.28mg (14.08%), Folate: 36.93µg

(9.23%), Iron: 1.41mg (7.86%), Magnesium: 30.64mg (7.66%), Vitamin B2: 0.11mg (6.5%), Copper: 0.12mg (6%), Phosphorus: 57.03mg (5.7%), Potassium: 193.84mg (5.54%), Fiber: 1.29g (5.15%), Calcium: 45.22mg (4.52%), Vitamin B3: 0.64mg (3.2%), Zinc: 0.44mg (2.95%), Vitamin B6: 0.06mg (2.82%), Vitamin B1: 0.04mg (2.44%), Vitamin B5: 0.13mg (1.32%)