



Mâche, Frisée, and Radish Salad with Mustard Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



127 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 3 tablespoons chives fresh chopped
- ☐ 2 cups frisée french loosely packed (curly endive) (from 1 head)
- ☐ 1 tablespoon mustard coarse-grain
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 medium radishes trimmed thinly sliced
- ☐ 0.3 teaspoon salt

- ☐ 2 tablespoons shallots minced
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup white-wine vinegar
- ☐ 4 cups mche loosely packed (lamb's lettuce)

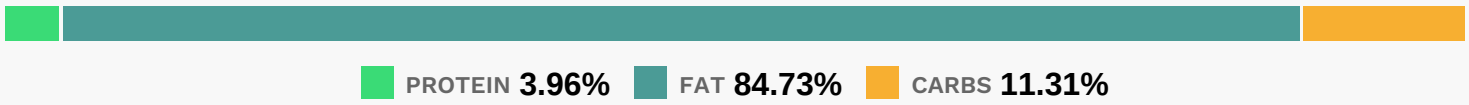
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ Whisk together mustard, shallot, sugar, salt, pepper, and vinegar in a small bowl, then add oil in a slow stream, whisking until emulsified.
- ☐ Just before serving, toss salad ingredients with just enough vinaigrette to coat and season with salt and pepper.
- ☐ ·If the mâche you buy has plugs attached, you'll need 3 ounces before trimming; if you're buying loose leaves, you'll need 1 1/2 ounces.·Greens can be washed and dried 1 day ahead, then chilled in sealed plastic bags lined with dampened paper towels.·Vinaigrette can be made 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:40.18, Glycemic Load:0.64, Inflammation Score:-9, Nutrition Score:10.559130450954%

Flavonoids

Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin:

1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 127.12kcal (6.36%), Fat: 12.3g (18.93%), Saturated Fat: 1.68g (10.49%), Carbohydrates: 3.69g (1.23%), Net Carbohydrates: 2.72g (0.99%), Sugar: 1.16g (1.29%), Cholesterol: 0mg (0%), Sodium: 135.93mg (5.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.59%), Vitamin A: 3668.13IU (73.36%), Vitamin K: 60.19µg (57.32%), Vitamin C: 19.85mg (24.07%), Vitamin E: 2.12mg (14.12%), Manganese: 0.24mg (12.16%), Potassium: 271.49mg (7.76%), Vitamin B6: 0.14mg (6.84%), Folate: 27.12µg (6.78%), Iron: 1.19mg (6.63%), Copper: 0.11mg (5.47%), Fiber: 0.97g (3.89%), Calcium: 36.68mg (3.67%), Phosphorus: 34.59mg (3.46%), Magnesium: 13.12mg (3.28%), Vitamin B2: 0.05mg (3.2%), Vitamin B1: 0.04mg (2.98%), Vitamin B5: 0.24mg (2.36%), Zinc: 0.34mg (2.26%), Selenium: 1.31µg (1.87%), Vitamin B3: 0.28mg (1.38%)