



## Mâche Salad with Creole Vinaigrette

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



10

CALORIES



56 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.1 teaspoon pepper black
- 1 teaspoon dijon mustard
- 1 large hardboiled eggs
- 0.3 cup olive oil
- 0.3 teaspoon salt
- 2.8 teaspoons citrus champagne vinegar

### Equipment

- whisk

blender

## Directions

- Crumble yolk into a blender, then add vinegar, mustard, salt, and pepper and blend until combined well. With motor running, add oil in a slow stream, blending until combined well.
- Toss mâche with vinaigrette just before serving.
- Vinaigrette can be made 1 day ahead and chilled, covered. Bring to room temperature, then whisk until combined well.

## Nutrition Facts

 **PROTEIN 4.62%**  **FAT 94.66%**  **CARBS 0.72%**

## Properties

Glycemic Index:6.4, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.86913043811269%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 56.12kcal (2.81%), Fat: 5.95g (9.15%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 0.1g (0.03%), Net Carbohydrates: 0.07g (0.03%), Sugar: 0.06g (0.07%), Cholesterol: 18.65mg (6.22%), Sodium: 70.06mg (3.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.31%), Vitamin E: 0.83mg (5.54%), Vitamin K: 3.31µg (3.16%), Selenium: 1.71µg (2.44%), Vitamin B2: 0.03mg (1.53%)