



Mâche Salad with Creole Vinaigrette



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



10

CALORIES



75 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 teaspoon dijon mustard
- ☐ 1 large yolk from a hardboiled egg
- ☐ 16 cups lambs lettuce loosely packed (lamb's lettuce; see above)
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon salt
- ☐ 2.8 teaspoons white-wine vinegar

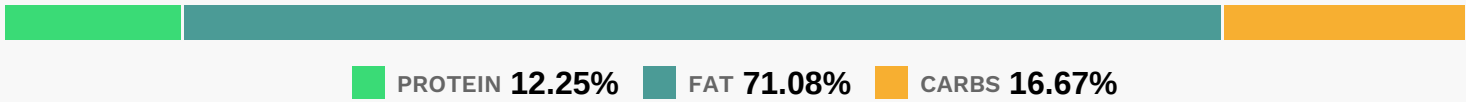
Equipment

- ☐ 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



Properties

Glycemic Index:6.4, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:10.774347825543%

Flavonoids

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

Nutrients (% of daily need)

Calories: 74.93kcal (3.75%), Fat: 6.31g (9.7%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 3.33g (1.11%), Net Carbohydrates: 3.3g (1.2%), Sugar: 0.06g (0.07%), Cholesterol: 18.65mg (6.22%), Sodium: 73.64mg (3.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.89%), Vitamin A: 6380.92IU (127.62%), Vitamin C: 34.24mg (41.5%), Manganese: 0.33mg (16.45%), Vitamin B6: 0.25mg (12.55%), Potassium: 419.25mg (11.98%), Iron: 2.06mg (11.44%), Vitamin B2: 0.1mg (6.12%), Copper: 0.12mg (6.08%), Phosphorus: 56.78mg (5.68%), Vitamin E: 0.83mg (5.54%), Vitamin B1: 0.07mg (4.53%), Zinc: 0.59mg (3.9%), Calcium: 37.15mg (3.71%), Folate: 14.78µg (3.7%), Selenium: 2.52µg (3.6%), Vitamin K: 3.31µg (3.16%), Magnesium: 12.49mg (3.12%), Vitamin B3: 0.38mg (1.89%), Vitamin B5: 0.11mg (1.09%)