



 **63%**
HEALTH SCORE

Mâche with Spring Vegetables and Lemon Vinaigrette

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



119 kcal

SIDE DISH

Ingredients

- 8 ounces baby-cut carrots trimmed scrubbed ()
- 1 teaspoon dijon mustard
- 1 cup peas fresh shelled (from 1 lb. in shell)
- 4 servings fresh-ground pepper black
- 8 ounces haricots verts rinsed ends trimmed (see notes)
- 2 tablespoons regular lemon juice
- 4 oz lambs lettuce rinsed

- 2 teaspoons olive oil extra-virgin
- 1 tablespoon yogurt plain
- 8 oz onion red peeled
- 4 servings regular salt fine

Equipment

- bowl
- frying pan
- whisk
- sieve
- slotted spoon
- colander

Directions

- Pour 2 teaspoons olive oil into an 8- to 10-inch nonstick frying pan over medium heat; when hot, add onion and stir occasionally until slightly limp, about 8 minutes (onion should be a little crunchy still).
- Remove from heat and let cool.
- Meanwhile, in a 3- to 4-quart pan over high heat, bring about 2 quarts water to a boil.
- Add green beans and cook until tender-crisp to bite, 4 to 5 minutes. With a strainer or slotted spoon, transfer to a colander; rinse under cold running water until cool.
- Drain and pour into a large bowl.
- Add carrots to boiling water and cook until tender-crisp, 5 to 6 minutes.
- Transfer to colander, rinse until cool, drain, and add to bowl.
- Add peas to boiling water and cook until barely tender to bite, about 3 minutes.
- Pour into colander and rinse until cool; drain and add to bowl.
- In a small bowl, mix lemon juice, yogurt, and mustard until blended.
- Whisk in remaining 1/4 cup olive oil and salt and pepper to taste.
- Add mche to vegetables in bowl.

Drizzle lemon vinaigrette over the top and mix gently to coat. Divide mixture among salad plates and garnish equally with sauted onion.

Nutrition Facts

PROTEIN 15.05% **FAT 19.25%** **CARBS 65.7%**

Properties

Glycemic Index:50.08, Glycemic Load:3.74, Inflammation Score:-10, Nutrition Score:17.424782559843%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 13.09mg, Quercetin: 13.09mg, Quercetin: 13.09mg, Quercetin: 13.09mg

Nutrients (% of daily need)

Calories: 118.81kcal (5.94%), Fat: 2.74g (4.21%), Saturated Fat: 0.48g (3%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 14.73g (5.36%), Sugar: 9.45g (10.5%), Cholesterol: 0.65mg (0.22%), Sodium: 262.82mg (11.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.64%), Vitamin A: 10505.85IU (210.12%), Vitamin C: 40.85mg (49.51%), Vitamin K: 40.32µg (38.4%), Manganese: 0.55mg (27.56%), Fiber: 6.31g (25.23%), Folate: 74.28µg (18.57%), Vitamin B6: 0.35mg (17.62%), Potassium: 574.11mg (16.4%), Vitamin B1: 0.21mg (14.12%), Iron: 2.41mg (13.39%), Phosphorus: 114.9mg (11.49%), Copper: 0.22mg (11.19%), Magnesium: 42.99mg (10.75%), Vitamin B2: 0.18mg (10.38%), Vitamin B3: 1.69mg (8.46%), Calcium: 79.87mg (7.99%), Zinc: 0.99mg (6.59%), Vitamin B5: 0.51mg (5.09%), Vitamin E: 0.6mg (3.99%), Selenium: 2.59µg (3.7%)