

Mesclun Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



77 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 8 cups the salad
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon sugar

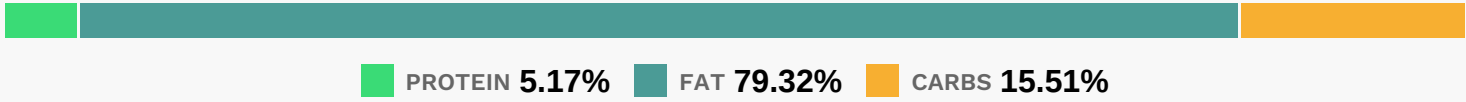
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together lemon juice, mustard, sugar, and 1/2 teaspoon salt in a large bowl until salt and sugar are dissolved, then add oil in a slow stream, whisking until emulsified.
- ☐ Add greens to dressing and toss to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.52, Glycemic Load:0.18, Inflammation Score:-6, Nutrition Score:4.1539130793965%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 76.85kcal (3.84%), Fat: 7.09g (10.9%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 3.12g (1.04%), Net Carbohydrates: 3.08g (1.12%), Sugar: 0.35g (0.39%), Cholesterol: 0mg (0%), Sodium: 27.85mg (1.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Vitamin C: 20.01mg (24.26%), Vitamin A: 909.47IU (18.19%), Folate: 30.39µg (7.6%), Vitamin E: 1.02mg (6.77%), Manganese: 0.12mg (6.03%), Potassium: 142.48mg (4.07%), Vitamin K: 4.22µg (4.02%), Vitamin B6: 0.07mg (3.31%), Phosphorus: 32.17mg (3.22%), Iron: 0.56mg (3.09%), Vitamin B2: 0.04mg (2.41%), Magnesium: 9.32mg (2.33%), Vitamin B3: 0.45mg (2.23%), Copper: 0.04mg (2.05%), Vitamin B1: 0.03mg (1.74%), Zinc: 0.17mg (1.16%), Calcium: 11.09mg (1.11%), Vitamin B5: 0.1mg (1.03%)