



Mesclun Salad Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



67 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large garlic clove minced
- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons juice of lemon
- ☐ 2.5 cups the salad green loosely packed (leaves only)
- ☐ 0.3 cup olive oil extra-virgin

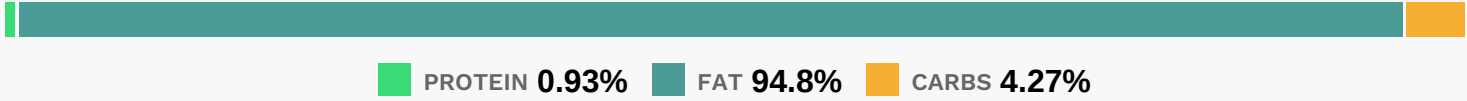
Equipment

- ☐ blender

Directions

☐ Blend all of the ingredients, stopping often to push greens closer to blender blades.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.1104347854853%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 66.68kcal (3.33%), Fat: 7.22g (11.11%), Saturated Fat: 1g (6.23%), Carbohydrates: 0.73g (0.24%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.12g (0.13%), Cholesterol: 0mg (0%), Sodium: 235.39mg (10.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%), Vitamin E: 1.04mg (6.96%), Vitamin C: 4.16mg (5.04%), Vitamin K: 4.34µg (4.13%), Vitamin A: 113.9IU (2.28%), Folate: 4.61µg (1.15%), Manganese: 0.02mg (1.04%)