



HEALTH SCORE

100%

Mesclun Salad with Banon Cheese



Vegetarian



Gluten Free



Very Healthy

READY IN



15 min.

SERVINGS



6

CALORIES



395 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 cups baby lettuces such as lolla rossa mixed loosely packed
- ☐ 0.3 teaspoon pepper black
- ☐ 3 goat cheese soft at room temperature (9 ounces total)
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon white-wine vinegar

Equipment

- ☐ bowl

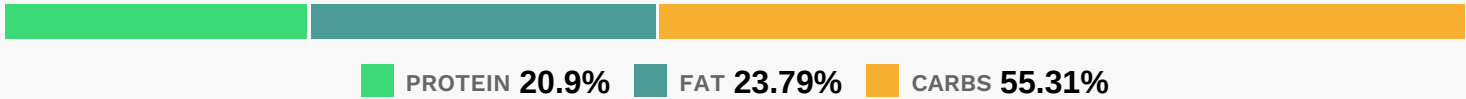
☐

whisk

Directions

- ☐ Whisk together vinegar, salt, and pepper in a bowl until salt is dissolved, then add oil, whisking until emulsified.
- ☐ Just before serving, toss lettuces with just enough vinaigrette to coat, then divide among plates. Halve cheeses and serve 1 half with each salad.

Nutrition Facts



Properties

Glycemic Index:12.72, Glycemic Load:14.92, Inflammation Score:-10, Nutrition Score:38.86478199251%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 394.76kcal (19.74%), Fat: 10.65g (16.39%), Saturated Fat: 1.59g (9.94%), Carbohydrates: 55.74g (18.58%), Net Carbohydrates: 33.68g (12.25%), Sugar: 21.93g (24.37%), Cholesterol: 0.23mg (0.08%), Sodium: 118.46mg (5.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.06g (42.12%), Vitamin C: 154.68mg (187.49%), Vitamin K: 101.46µg (96.63%), Fiber: 22.06g (88.24%), Manganese: 1.6mg (79.89%), Vitamin B1: 1.03mg (68.6%), Folate: 251.41µg (62.85%), Vitamin A: 2963.62IU (59.27%), Phosphorus: 419.21mg (41.92%), Vitamin B3: 8.08mg (40.42%), Copper: 0.69mg (34.28%), Vitamin B6: 0.65mg (32.75%), Iron: 5.76mg (32.02%), Zinc: 4.8mg (32.01%), Magnesium: 127.93mg (31.98%), Vitamin B2: 0.51mg (30.14%), Potassium: 945.79mg (27.02%), Vitamin E: 1.8mg (12%), Selenium: 6.98µg (9.97%), Calcium: 98.04mg (9.8%), Vitamin B5: 0.41mg (4.07%)