



Mesclun Salad with Shallot Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



97 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 tablespoon dijon mustard



1 pound the salad mixed (baby salad greens)



2 tablespoons red-wine vinegar



0.3 cup safflower oil french (preferably)



0.3 cup shallots finely chopped

Equipment

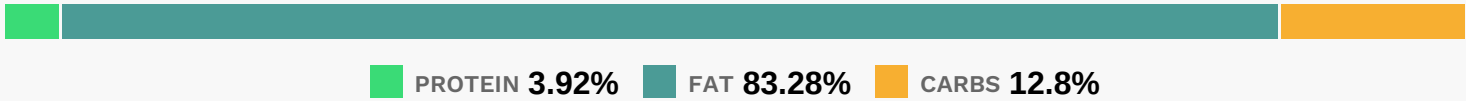


whisk

Directions

- ☐
- Whisk together shallot, mustard, and vinegar.
- ☐
- Add oil in a slow stream, whisking until emulsified, and season with salt and pepper. Just before serving, toss salad greens with just enough dressing to coat.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.31, Inflammation Score:-5, Nutrition Score:3.9360869189967%

Nutrients (% of daily need)

Calories: 96.55kcal (4.83%), Fat: 9.19g (14.14%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.86g (1.04%), Sugar: 0.61g (0.68%), Cholesterol: 0mg (0%), Sodium: 36.55mg (1.59%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.97g (1.95%), Vitamin E: 3.11mg (20.71%), Vitamin C: 13.77mg (16.69%), Vitamin A: 645.73IU (12.91%), Folate: 23.62µg (5.91%), Manganese: 0.11mg (5.72%), Vitamin B6: 0.07mg (3.61%), Potassium: 126.49mg (3.61%), Phosphorus: 28.87mg (2.89%), Iron: 0.49mg (2.74%), Magnesium: 8.84mg (2.21%), Vitamin B2: 0.03mg (1.83%), Copper: 0.04mg (1.83%), Vitamin B3: 0.34mg (1.69%), Vitamin B1: 0.03mg (1.67%), Selenium: 0.95µg (1.36%), Fiber: 0.32g (1.27%), Calcium: 11.51mg (1.15%), Zinc: 0.16mg (1.08%)