



Mesclun with Sun-Dried Tomato Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



76 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 5 medium basil leaves
- ☐ 0.5 teaspoon dijon mustard
- ☐ 3 tablespoons olive oil
- ☐ 6 ounces mesclun mix
- ☐ 6 servings salt and pepper freshly ground
- ☐ 1 small shallots halved
- ☐ 2 tablespoons oil-packed sun-dried tomato halves drained

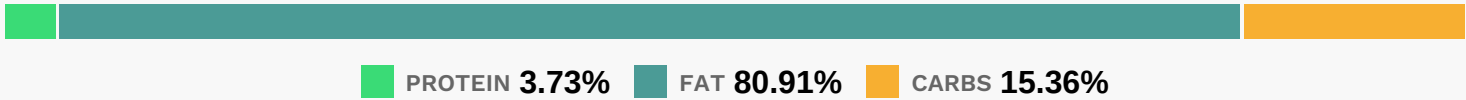
Equipment

- ☐ bowl
- ☐ blender

Directions

☐ In a blender, puree the basil, shallot, tomatoes, vinegar, mustard, and 6 tablespoons of water until smooth. Blend in the oil. In a bowl, toss the mesclun with 1/3 cup of the dressing. Season with salt and pepper; serve.

Nutrition Facts



Properties

Glycemic Index:35.33, Glycemic Load:0.62, Inflammation Score:-3, Nutrition Score:2.6334782735161%

Flavonoids

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: 76.39kcal (3.82%), Fat: 7.09g (10.91%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.67g (0.97%), Sugar: 1.36g (1.51%), Cholesterol: 0mg (0%), Sodium: 208.79mg (9.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.47%), Vitamin C: 7.63mg (9.24%), Vitamin A: 354.66IU (7.09%), Vitamin E: 1.01mg (6.76%), Vitamin K: 6.35µg (6.05%), Manganese: 0.09mg (4.71%), Potassium: 124.55mg (3.56%), Folate: 13.3µg (3.32%), Iron: 0.46mg (2.54%), Copper: 0.04mg (2.2%), Vitamin B6: 0.04mg (2.17%), Phosphorus: 20.63mg (2.06%), Magnesium: 7.97mg (1.99%), Vitamin B3: 0.32mg (1.6%), Fiber: 0.36g (1.45%), Vitamin B2: 0.02mg (1.39%), Vitamin B1: 0.02mg (1.38%)