



Mixed Baby Greens with Balsamic Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



241 kcal

SIDE DISH

Ingredients

- ☐ 1 avocado pitted peeled sliced
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup cranberries dried
- ☐ 1 clove garlic finely chopped
- ☐ 0.3 cup pistachios
- ☐ 0.3 cup red wine vinegar
- ☐ 10 ounces the salad mixed
- ☐ 2 tablespoons sugar

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0.3 cup vegetable oil

Equipment

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bowl

☐

whisk

Directions

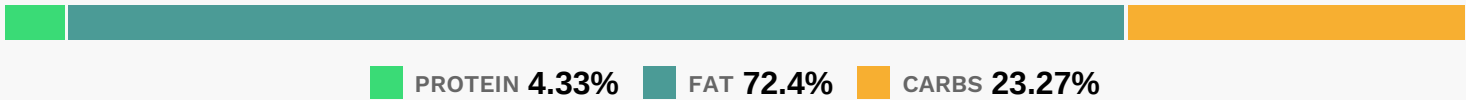
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In small bowl, beat all Balsamic Vinaigrette ingredients with wire whisk until smooth.

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In serving bowl, toss vinaigrette and all Salad ingredients just before serving.

Nutrition Facts



Properties

Glycemic Index:31.68, Glycemic Load:3.3, Inflammation Score:-6, Nutrition Score:8.0834781812585%

Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 240.73kcal (12.04%), Fat: 20.27g (31.18%), Saturated Fat: 2.95g (18.45%), Carbohydrates: 14.66g (4.89%), Net Carbohydrates: 11.4g (4.15%), Sugar: 8.42g (9.36%), Cholesterol: 0mg (0%), Sodium: 25.04mg (1.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.45%), Vitamin K: 29.71µg (28.3%), Vitamin C: 14.91mg (18.08%), Fiber: 3.26g (13.05%), Vitamin E: 1.95mg (13%), Vitamin B6: 0.25mg (12.44%), Vitamin A: 614.66IU (12.29%), Folate: 48.18µg (12.04%), Manganese: 0.23mg (11.45%), Potassium: 323.48mg (9.24%), Copper: 0.18mg (9.13%), Phosphorus: 72.2mg (7.22%), Vitamin B1: 0.1mg (6.62%), Magnesium: 24.31mg (6.08%), Vitamin B5: 0.57mg (5.74%), Vitamin B3: 0.97mg (4.84%), Vitamin B2: 0.08mg (4.79%), Iron: 0.84mg (4.67%), Zinc: 0.48mg (3.22%), Calcium: 19.86mg (1.99%), Selenium: 1.21µg (1.73%)