



## Mixed Green Salad with Dijon Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



87 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 tablespoon dijon mustard
- 1 tablespoon red wine vinegar
- 0.5 teaspoon sugar
- 3 tablespoons olive oil
- 1 Dash salt and pepper
- 5 oz spring mix of spinach
- 1 cup grape tomatoes cut in half lengthwise
- 1 cup cucumber peeled seeded sliced ( )

1 cup onion red halved sliced ()

## Equipment

bowl

whisk

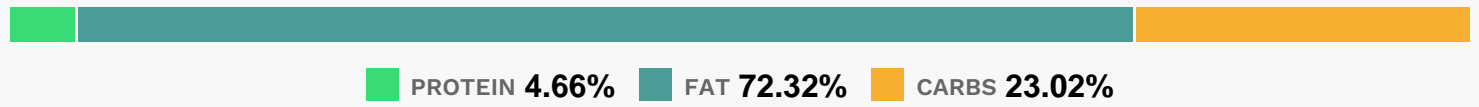
## Directions

In small bowl, mix mustard, vinegar and sugar with wire whisk. Gradually add oil, beating constantly until well blended. Season to taste with salt and pepper.

In large salad bowl, place salad ingredients.

Pour vinaigrette over salad; toss gently to mix.

## Nutrition Facts



## Properties

Glycemic Index:30.35, Glycemic Load:1.09, Inflammation Score:-5, Nutrition Score:3.7839130422343%

## Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg

## Nutrients (% of daily need)

Calories: 86.74kcal (4.34%), Fat: 7.21g (11.1%), Saturated Fat: 1g (6.22%), Carbohydrates: 5.17g (1.72%), Net Carbohydrates: 4.15g (1.51%), Sugar: 2.46g (2.73%), Cholesterol: 0mg (0%), Sodium: 43.2mg (1.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.09%), Vitamin C: 11.59mg (14.05%), Vitamin A: 493.51IU (9.87%), Vitamin E: 1.16mg (7.75%), Vitamin K: 7.92µg (7.54%), Manganese: 0.13mg (6.26%), Folate: 20.81µg (5.2%), Potassium: 173.37mg (4.95%), Vitamin B6: 0.08mg (4.19%), Fiber: 1.01g (4.06%), Phosphorus: 30.46mg (3.05%), Magnesium: 11.96mg (2.99%), Copper: 0.05mg (2.74%), Vitamin B1: 0.04mg (2.68%), Iron: 0.41mg (2.28%), Vitamin B2: 0.03mg (1.82%), Calcium: 16.59mg (1.66%), Vitamin B3: 0.33mg (1.65%), Selenium: 1.1µg (1.57%), Vitamin B5: 0.14mg (1.44%), Zinc: 0.19mg (1.28%)