



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

☐

0.5 teaspoon sugar

Equipment

☐

bowl

☐

whisk

Directions

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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.

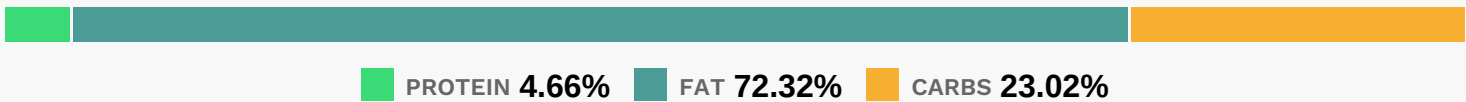
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In large salad bowl, place salad ingredients.

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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%)