



HEALTH SCORE

80%

Mixed Green Salad with Tarragon Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



8

CALORIES



87 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.5 lb arugula



0.3 teaspoon pepper black



1 lb boston lettuce



0.5 teaspoon dijon mustard



2 teaspoons tarragon fresh finely chopped



0.5 lb salad leaves curly endive french (curly endive)



0.3 cup olive oil extra virgin extra-virgin



0.5 teaspoon salt

- ☐ 1 tablespoon shallots minced
- ☐ 4 teaspoons sherry vinegar
- ☐ 0.5 lb watercress

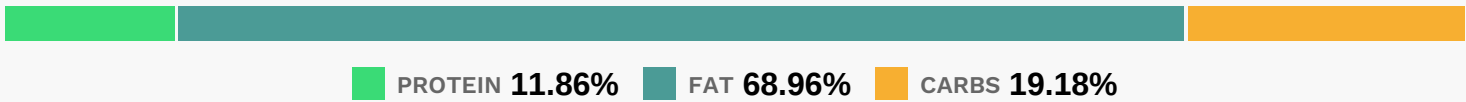
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ Whisk together vinegar, shallot, mustard, salt, and pepper in a small bowl, then add oil in a slow stream, whisking until emulsified.
- ☐ Whisk in tarragon.
- ☐ Toss greens with dressing in a large bowl and season with salt and pepper.
- ☐ •Greens can be washed, trimmed, and torn 1 day ahead and chilled in a sealed plastic bag lined with paper towels.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.47, Inflammation Score:-10, Nutrition Score:17.251739108044%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 17.13mg, Kaempferol: 17.13mg, Kaempferol: 17.13mg, Kaempferol: 17.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 14.14mg, Quercetin: 14.14mg, Quercetin: 14.14mg, Quercetin: 14.14mg

Nutrients (% of daily need)

Calories: 86.96kcal (4.35%), Fat: 7.23g (11.12%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 4.52g (1.51%), Net Carbohydrates: 2.06g (0.75%), Sugar: 1.47g (1.64%), Cholesterol: 0mg (0%), Sodium: 184.46mg (8.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.59%), Vitamin K: 248.33µg (236.5%), Vitamin A: 5097.6IU (101.95%), Vitamin C: 25.71mg (31.16%), Folate: 104.45µg (26.11%), Manganese: 0.44mg (21.88%), Vitamin E: 2.12mg (14.15%), Potassium: 473.82mg (13.54%), Calcium: 134.51mg (13.45%), Fiber: 2.46g (9.84%), Magnesium: 37.51mg (9.38%), Iron: 1.67mg (9.26%), Vitamin B2: 0.13mg (7.6%), Vitamin B6: 0.15mg (7.51%), Copper: 0.14mg (7.1%), Phosphorus: 66.74mg (6.67%), Vitamin B5: 0.63mg (6.31%), Vitamin B1: 0.09mg (6%), Zinc: 0.43mg (2.84%), Vitamin B3: 0.54mg (2.69%), Selenium: 0.91µg (1.3%)