



Mixed Greens and Raspberries with Hazelnuts and Raspberry Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



172 kcal

SIDE DISH

Ingredients

- 3 tablespoons balsamic raspberry vinegar white (such as Alessi)
- 0.1 teaspoon pepper black freshly ground
- 4 tablespoons hazelnuts toasted coarsely chopped
- 1 tablespoon honey
- 2 tablespoons olive oil extra-virgin
- 1.5 cups raspberries
- 0.3 teaspoon salt

5 ounce spring mix of spinach fresh (such as Express)

1 tablespoon water

Equipment

bowl

whisk

Directions

Whisk together first 6 ingredients in a large bowl.

Add greens, tossing to coat.

Arrange salad on plates; top with raspberries and toasted hazelnuts.

Nutrition Facts



Properties

Glycemic Index:41.32, Glycemic Load:3.04, Inflammation Score:-5, Nutrition Score:8.7469565142756%

Flavonoids

Cyanidin: 21.27mg, Cyanidin: 21.27mg, Cyanidin: 21.27mg, Cyanidin: 21.27mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 172.23kcal (8.61%), Fat: 13.4g (20.61%), Saturated Fat: 1.42g (8.91%), Carbohydrates: 12.64g (4.21%), Net Carbohydrates: 8.72g (3.17%), Sugar: 6.78g (7.53%), Cholesterol: 0mg (0%), Sodium: 156.12mg (6.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.01%), Manganese: 1.01mg (50.58%), Vitamin C: 20.67mg (25.05%),

Vitamin E: 2.9mg (19.33%), Fiber: 3.92g (15.69%), Copper: 0.23mg (11.73%), Vitamin K: 9.25µg (8.81%), Folate: 33.98µg (8.49%), Vitamin A: 419.76IU (8.4%), Magnesium: 30.91mg (7.73%), Iron: 1.09mg (6.08%), Vitamin B1: 0.09mg (5.96%), Potassium: 208.77mg (5.96%), Phosphorus: 57.08mg (5.71%), Vitamin B6: 0.11mg (5.54%), Zinc: 0.53mg (3.51%), Vitamin B3: 0.65mg (3.26%), Calcium: 28.91mg (2.89%), Vitamin B5: 0.29mg (2.87%), Vitamin B2: 0.05mg (2.84%)