



Mixed Greens with Cherry Tomatoes, Goat Cheese, and Herbs



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



157 kcal

SIDE DISH

Ingredients

- ☐ 1 cup cherry tomatoes sweet such as 100s (8 oz.) miniature
- ☐ 4 ounces goat cheese crumbled
- ☐ 10 oz baby greens mixed
- ☐ 2 tablespoons olive oil
- ☐ 4 servings salt and pepper
- ☐ 2 tablespoons sherry vinegar
- ☐ 2 tablespoons a combination fresh chopped

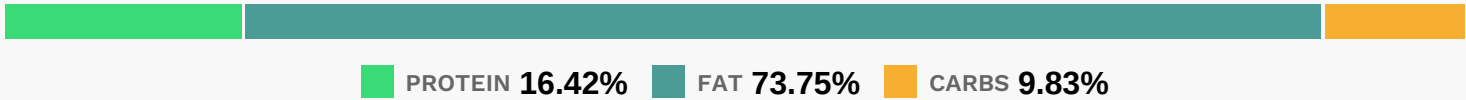
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large bowl, whisk vinegar and olive oil until well blended.
- ☐ Add greens, herbs, tomatoes, and goat cheese and mix to coat.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-8, Nutrition Score:9.1773913165797%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 156.91kcal (7.85%), Fat: 13.08g (20.13%), Saturated Fat: 5.11g (31.96%), Carbohydrates: 3.92g (1.31%), Net Carbohydrates: 3.6g (1.31%), Sugar: 1.2g (1.33%), Cholesterol: 13.04mg (4.35%), Sodium: 322.5mg (14.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.55g (13.11%), Vitamin K: 38.57µg (36.73%), Vitamin C: 27.63mg (33.49%), Vitamin A: 1448.61IU (28.97%), Copper: 0.27mg (13.74%), Phosphorus: 112.41mg (11.24%), Folate: 37.51µg (9.38%), Vitamin B2: 0.15mg (9.02%), Manganese: 0.18mg (8.94%), Vitamin E: 1.28mg (8.55%), Iron: 1.44mg (7.98%), Vitamin B6: 0.16mg (7.94%), Potassium: 224.59mg (6.42%), Calcium: 56.4mg (5.64%), Magnesium: 16.99mg (4.25%), Vitamin B1: 0.06mg (3.75%), Vitamin B3: 0.74mg (3.68%), Vitamin B5: 0.33mg (3.34%), Zinc: 0.49mg (3.24%), Selenium: 1.27µg (1.81%), Fiber: 0.33g (1.31%)