



Mixed Greens with French Toast Croutons

 Vegetarian  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



66 kcal

SIDE DISH

Ingredients

- 6.5 oz boston lettuce sweet
- 0.3 teaspoon mustard dry
- 0.5 cup olive oil extra virgin
- 1 teaspoon thyme leaves fresh
- 1 tablespoon honey
- 0.8 teaspoon kosher salt
- 2 navel oranges
- 0.3 cup orange juice fresh

- 1 teaspoon orange zest loosely packed
- 1 small shallots minced
- 6 oz spring greens mix
- 8 servings toast croutons french
- 0.3 cup citrus champagne vinegar

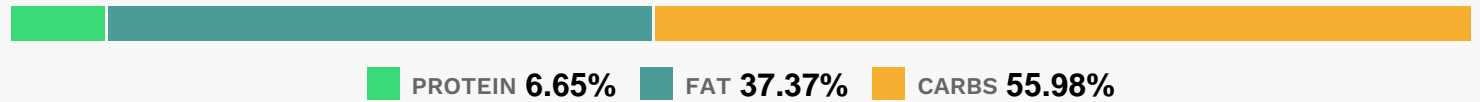
Equipment

- whisk

Directions

- Whisk together olive oil and next 8 ingredients. Arrange salad greens, oranges, and croutons on a platter.
- Serve with vinaigrette.

Nutrition Facts



Properties

Glycemic Index:22.41, Glycemic Load:1.68, Inflammation Score:-8, Nutrition Score:6.3282607897468%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 8.58mg, Hesperetin: 8.58mg, Hesperetin: 8.58mg, Hesperetin: 8.58mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 66.29kcal (3.31%), Fat: 2.9g (4.47%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 9.79g (3.26%), Net Carbohydrates: 8.55g (3.11%), Sugar: 6.3g (6.99%), Cholesterol: 0.01mg (0%), Sodium: 232.21mg (10.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Vitamin C: 31.39mg (38.05%), Vitamin K: 25.26µg (24.06%), Vitamin A: 1119.45IU (22.39%), Folate: 41.35µg (10.34%), Manganese: 0.11mg (5.45%), Potassium: 183.6mg (5.25%), Fiber: 1.24g (4.95%), Vitamin B6: 0.08mg (4.01%), Vitamin B1: 0.06mg (3.82%), Iron: 0.66mg (3.69%), Vitamin E: 0.49mg (3.29%), Calcium: 31.42mg (3.14%), Vitamin B2: 0.05mg (3.04%), Magnesium: 12mg (3%), Phosphorus:

29.7mg (2.97%), Vitamin B3: 0.44mg (2.19%), Copper: 0.04mg (1.97%), Vitamin B5: 0.18mg (1.83%), Zinc: 0.16mg (1.06%), Selenium: 0.73 μ g (1.05%)