



## Mixed Greens with Honey-Dijon Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN

ready

7 min.

SERVINGS

servings

4

CALORIES

calories

63 kcal

SIDE DISH

## Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon dijon mustard
- ☐ 0.5 cup grape halves red seedless
- ☐ 0.1 teaspoon coarsely ground pepper black
- ☐ 1 teaspoon honey
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 4 cups torn salad greens mixed

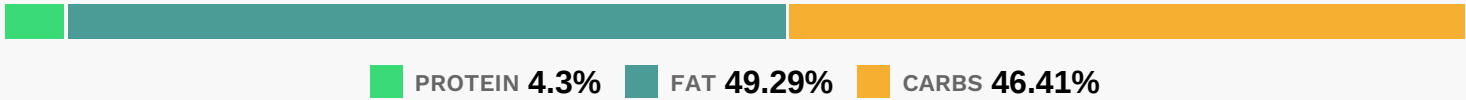
## Equipment

- ☐ bowl
- ☐ whisk

## Directions

- ☐ Combine first 5 ingredients in a large bowl, stirring with a whisk.
- ☐ Add greens; toss gently. Divide greens mixture among 4 plates; top evenly with grape halves.

## Nutrition Facts



## Properties

Glycemic Index:53.07, Glycemic Load:2.94, Inflammation Score:-4, Nutrition Score:2.656086968339%

## Nutrients (% of daily need)

Calories: 63.07kcal (3.15%), Fat: 3.57g (5.49%), Saturated Fat: 0.5g (3.12%), Carbohydrates: 7.57g (2.52%), Net Carbohydrates: 7.36g (2.68%), Sugar: 5.56g (6.18%), Cholesterol: 0mg (0%), Sodium: 16.21mg (0.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.4%), Vitamin C: 9.89mg (11.99%), Vitamin A: 467.42IU (9.35%), Vitamin K: 4.97µg (4.73%), Manganese: 0.09mg (4.67%), Folate: 15.24µg (3.81%), Vitamin E: 0.54mg (3.61%), Potassium: 116.06mg (3.32%), Vitamin B6: 0.05mg (2.45%), Copper: 0.05mg (2.39%), Iron: 0.42mg (2.31%), Phosphorus: 21.4mg (2.14%), Vitamin B2: 0.03mg (2.01%), Magnesium: 6.97mg (1.74%), Vitamin B1: 0.03mg (1.71%), Vitamin B3: 0.26mg (1.3%)