



Mixed Greens with Mediterranean Vinaigrette

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



86 kcal

SIDE DISH

Ingredients

- 1 tsp grey poupon dijon mustard
- 0.3 cup olive oil extra virgin
- 4 oz athenos feta cheese crumbled traditional
- 2 cloves garlic minced
- 0.3 tsp pepper
- 10 oz torn salad greens mixed
- 1 tsp sugar
- 3 Tbsp heinz red wine vinegar

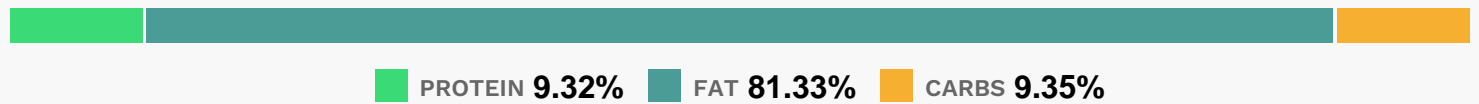
Equipment

- bowl
- blender

Directions

- Blend first 5 ingredients in blender until well blended.
- Add oil; blend 15 sec.
- Place greens in large bowl.
- Add dressing; toss to coat.
- Top with cheese.

Nutrition Facts



Properties

Glycemic Index:19.11, Glycemic Load:0.48, Inflammation Score:-3, Nutrition Score:3.1765217366426%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 86.11kcal (4.31%), Fat: 7.88g (12.12%), Saturated Fat: 2.26g (14.12%), Carbohydrates: 2.04g (0.68%), Net Carbohydrates: 1.99g (0.72%), Sugar: 0.43g (0.48%), Cholesterol: 10.09mg (3.36%), Sodium: 142.73mg (6.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.06%), Vitamin C: 6.79mg (8.23%), Vitamin A: 370.59IU (7.41%), Vitamin B2: 0.11mg (6.53%), Calcium: 61.54mg (6.15%), Vitamin E: 0.8mg (5.34%), Phosphorus: 51.17mg (5.12%), Vitamin B6: 0.08mg (3.93%), Folate: 14.18µg (3.54%), Vitamin K: 3.55µg (3.39%), Manganese: 0.07mg (3.27%), Vitamin B12: 0.19µg (3.19%), Selenium: 2.07µg (2.96%), Zinc: 0.4mg (2.66%), Vitamin B1: 0.03mg (1.88%), Iron: 0.33mg (1.81%), Potassium: 61.42mg (1.75%), Vitamin B5: 0.15mg (1.49%), Magnesium: 5.93mg (1.48%), Vitamin B3: 0.28mg (1.38%), Copper: 0.02mg (1.06%)