



HEALTH SCORE

66%

Mixed Greens with Mustard Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



6

CALORIES



109 kcal

SIDE DISH

Ingredients



2 large heads belgian endive



2 tablespoons chives fresh chopped



2 tablespoons cilantro leaves fresh coarsely chopped



2 tablespoons tarragon leaves fresh



6 cups frisée



1 garlic clove minced



0.3 cup olive oil extra-virgin



2 cups torn radicchio leaves

- ☐ 2 tablespoons shallots minced
- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 2 tablespoons grain dijon mustard whole

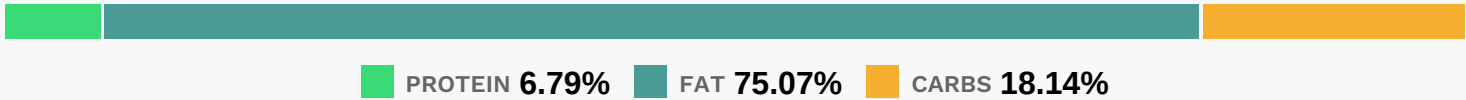
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk vinegar, mustard, shallot, and garlic in small bowl. Gradually whisk in oil. Season dressing with salt and pepper.
- ☐ Toss frisée and all remaining ingredients in large bowl.
- ☐ Add dressing; toss to coat. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:39.83, Glycemic Load:0.91, Inflammation Score:-9, Nutrition Score:14.336956625399%

Flavonoids

Cyanidin: 16.93mg, Cyanidin: 16.93mg, Cyanidin: 16.93mg, Cyanidin: 16.93mg Delphinidin: 1.02mg, Delphinidin: 1.02mg, Delphinidin: 1.02mg, Delphinidin: 1.02mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 6.12mg, Luteolin: 6.12mg, Luteolin: 6.12mg, Luteolin: 6.12mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg

Nutrients (% of daily need)

Calories: 108.54kcal (5.43%), Fat: 9.54g (14.67%), Saturated Fat: 1.35g (8.41%), Carbohydrates: 5.18g (1.73%), Net Carbohydrates: 2.52g (0.92%), Sugar: 0.79g (0.88%), Cholesterol: 0mg (0%), Sodium: 83.04mg (3.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.88%), Vitamin K: 190.87µg (181.78%), Vitamin A: 3016.45IU (60.33%), Manganese: 0.46mg (23.23%), Vitamin C: 15.33mg (18.58%), Vitamin E: 2.75mg (18.35%), Folate: 72.15µg (18.04%), Copper: 0.22mg (10.97%), Fiber: 2.66g (10.66%), Potassium: 347.77mg (9.94%), Calcium: 85.86mg (8.59%), Iron: 1.5mg (8.33%), Magnesium: 28.74mg (7.19%), Vitamin B6: 0.14mg (6.96%), Vitamin B5: 0.65mg

(6.47%), Vitamin B2: 0.09mg (5.35%), Phosphorus: 45.43mg (4.54%), Vitamin B1: 0.05mg (3.43%), Selenium: 2.19µg (3.14%), Zinc: 0.44mg (2.95%), Vitamin B3: 0.54mg (2.7%)