



Mixed Greens with Quick Roasted Red Pepper Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



113 kcal

SIDE DISH

Ingredients

- 1 tablespoon balsamic vinegar
- 0.3 cup basil leaves fresh
- 6 cups lettuce greens mixed
- 0.3 teaspoon ground pepper black
- 3 tablespoons olive oil
- 1 cup roasted peppers red chopped (from jar)
- 0.3 teaspoon salt

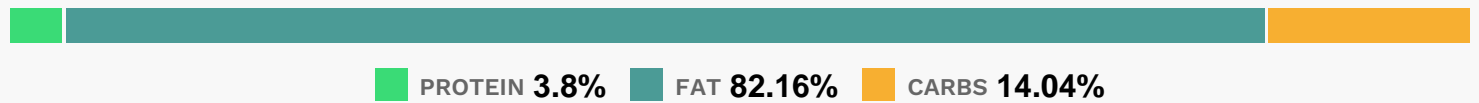
Equipment

blender

Directions

- In a blender, combine roasted red peppers, basil, oil, vinegar, salt, and ground pepper. Puree until smooth.
- Pour dressing over greens just before serving.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:0.37, Inflammation Score:-6, Nutrition Score:5.8295652762703%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 112.9kcal (5.64%), Fat: 10.66g (16.4%), Saturated Fat: 1.47g (9.21%), Carbohydrates: 4.1g (1.37%), Net Carbohydrates: 3.62g (1.32%), Sugar: 0.6g (0.67%), Cholesterol: 0mg (0%), Sodium: 641.31mg (27.88%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.1g (2.22%), Vitamin C: 30.47mg (36.93%), Vitamin A: 943.41IU (18.87%), Vitamin K: 12.75µg (12.14%), Vitamin E: 1.53mg (10.17%), Manganese: 0.18mg (9.15%), Folate: 28.84µg (7.21%), Vitamin B6: 0.11mg (5.65%), Potassium: 165mg (4.71%), Iron: 0.81mg (4.48%), Copper: 0.08mg (4.2%), Phosphorus: 32.2mg (3.22%), Magnesium: 12.11mg (3.03%), Vitamin B3: 0.54mg (2.69%), Calcium: 26.63mg (2.66%), Vitamin B2: 0.04mg (2.46%), Fiber: 0.48g (1.9%), Vitamin B1: 0.03mg (1.83%), Zinc: 0.21mg (1.37%)