



Mixed Greens with Sun-Dried Tomato Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



50 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup carrots shredded (2)
- ☐ 1 garlic clove minced
- ☐ 12 cups the salad mixed
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup sun-dried olives packed (6)
- ☐ 1 cup canned tomatoes peeled seeded chopped
- ☐ 0.5 cup water boiling

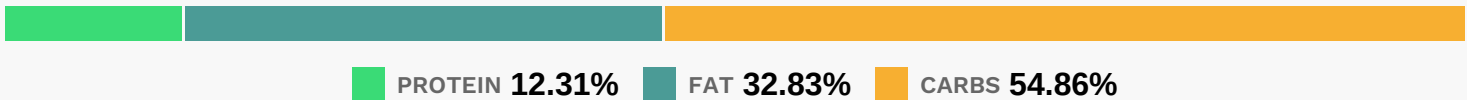
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Combine sun-dried tomatoes and boiling water in a bowl; let stand 30 minutes.
- ☐ Drain, reserving water; chop sun-dried tomatoes.
- ☐ Combine sun-dried tomatoes, 1 cup chopped tomato, vinegar, and garlic in a blender; process until smooth.
- ☐ Add reserved tomato liquid, oil, salt, and pepper; process until smooth.
- ☐ Combine greens and carrot in a large bowl; add vinaigrette. tossing well.

Nutrition Facts



Properties

Glycemic Index:23.6, Glycemic Load:1.34, Inflammation Score:-9, Nutrition Score:7.9095653191857%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 49.83kcal (2.49%), Fat: 1.98g (3.04%), Saturated Fat: 0.27g (1.71%), Carbohydrates: 7.43g (2.48%), Net Carbohydrates: 6.23g (2.27%), Sugar: 3.37g (3.74%), Cholesterol: 0mg (0%), Sodium: 147.66mg (6.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.33%), Vitamin A: 3420.08IU (68.4%), Vitamin C: 19.12mg (23.17%), Manganese: 0.22mg (10.87%), Potassium: 335.55mg (9.59%), Folate: 30µg (7.5%), Iron: 1.08mg (6.01%), Vitamin B6: 0.12mg (5.98%), Copper: 0.11mg (5.61%), Vitamin K: 5.62µg (5.35%), Vitamin B3: 1.02mg (5.08%), Phosphorus: 48.37mg (4.84%), Magnesium: 19.32mg (4.83%), Fiber: 1.19g (4.78%), Vitamin B2: 0.07mg (4.3%),

Vitamin B1: 0.06mg (4.07%), Vitamin E: 0.56mg (3.75%), Calcium: 28.7mg (2.87%), Vitamin B5: 0.23mg (2.26%),
Zinc: 0.28mg (1.9%)