



WHATSheATE



Mixed Greens with Walnut-Fig Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



64 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons fig preserves
- ☐ 5 servings salad greens mixed
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sherry vinegar
- ☐ 0.5 cup walnut oil toasted

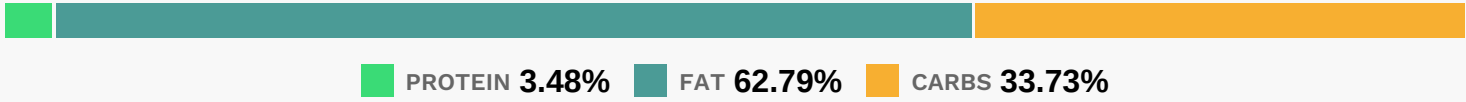
Equipment

- ☐ whisk

Directions

- ☐ Whisk together first 4 ingredients.
- ☐ Whisk in oil in a slow, steady stream. Store in a small plastic container up to 1 week; shake before using.
- ☐ Serve with mixed greens.

Nutrition Facts



Properties

Glycemic Index:17.4, Glycemic Load:2.11, Inflammation Score:-4, Nutrition Score:2.0795651680749%

Nutrients (% of daily need)

Calories: 64.04kcal (3.2%), Fat: 4.4g (6.77%), Saturated Fat: 0.4g (2.53%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 5.21g (1.89%), Sugar: 2.72g (3.02%), Cholesterol: 0mg (0%), Sodium: 246.05mg (10.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.1%), Vitamin C: 9.85mg (11.94%), Vitamin A: 455.49IU (9.11%), Manganese: 0.09mg (4.72%), Folate: 15.45µg (3.86%), Potassium: 82.03mg (2.34%), Iron: 0.37mg (2.07%), Phosphorus: 18.25mg (1.83%), Vitamin B6: 0.03mg (1.69%), Copper: 0.03mg (1.5%), Vitamin B2: 0.02mg (1.45%), Magnesium: 5.61mg (1.4%), Vitamin B3: 0.22mg (1.12%)