

Mixed Herb Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



59 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.3 teaspoon pepper black freshly ground



1 cup cherry tomatoes red halved



0.5 teaspoon dijon mustard



1 tablespoon olive oil extravirgin



0.3 cup chives fresh finely chopped



1 tablespoon tarragon fresh finely chopped



2 tablespoons thyme leaves fresh finely chopped



2 teaspoons honey

- ☐ 1.5 cups pea shoots fresh half of a [3-ounce] container
- ☐ 4 cups gourmet salad greens
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons sherry vinegar
- ☐ 1 cup cherry tomatoes yellow halved

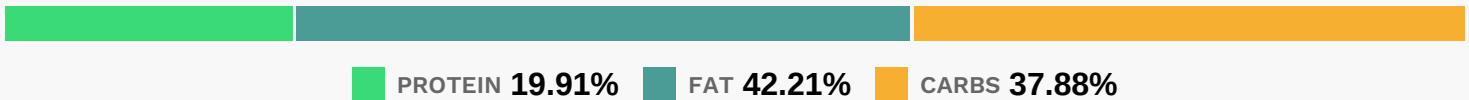
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Place first 7 ingredients in a large bowl; toss gently to combine.
- ☐ Combine vinegar and the next 4 ingredients (through pepper) in a small bowl. Gradually add oil, stirring with a whisk.
- ☐ Drizzle vinegar mixture over greens mixture; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:46.05, Glycemic Load:1.49, Inflammation Score:-10, Nutrition Score:7.5760869642963%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 59.01kcal (2.95%), Fat: 2.95g (4.54%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 5.96g (1.99%), Net Carbohydrates: 5g (1.82%), Sugar: 2.69g (2.99%), Cholesterol: 0mg (0%), Sodium: 130.42mg (5.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Vitamin C: 60.23mg (73.01%), Vitamin A: 898.25IU (17.97%), Manganese: 0.25mg (12.61%), Fiber: 2.03g (8.12%), Iron: 1.34mg (7.45%), Folate: 26.63µg (6.66%), Potassium: 224.36mg (6.41%), Vitamin K: 5.79µg (5.52%), Vitamin B6: 0.09mg (4.72%), Magnesium: 17.32mg (4.33%), Copper:

0.08mg (4.18%), Vitamin B3: 0.74mg (3.68%), Vitamin B2: 0.06mg (3.55%), Phosphorus: 34.66mg (3.47%), Calcium: 34.51mg (3.45%), Vitamin E: 0.48mg (3.21%), Vitamin B1: 0.03mg (2.22%), Zinc: 0.27mg (1.79%), Vitamin B5: 0.11mg (1.1%)