



Mixed Salad Greens with Garlic-Ginger Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



47 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup cherry tomatoes
- 1 cucumber sliced
- 1 tablespoon ginger fresh minced
- 3 garlic cloves chopped
- 0.5 cup olive oil
- 1 head radicchio thinly separated
- 0.5 onion red thinly sliced

- 0.5 cup red wine
- 0.5 cup red wine vinegar
- 12 cups gourmet salad greens mixed
- 0.5 teaspoon salt
- 0.5 teaspoon sugar

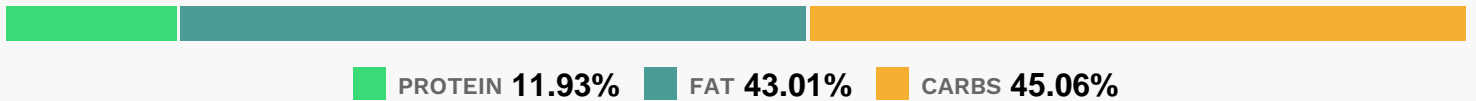
Equipment

- bowl
- whisk
- blender
- mortar and pestle

Directions

- Grind first 4 ingredients to a paste with a mortar and pestle.
- Whisk together garlic mixture, wine, vinegar, and oil.
- Let stand 2 to 3 hours to blend flavors.
- Toss together salad greens and next 4 ingredients in a large bowl.
- Drizzle with vinaigrette; toss gently.
- Note: To make salad dressing in a blender, process first 6 ingredients until smooth, stopping to scrape down sides. Turn blender on high; gradually add oil in a slow, steady stream until blended.

Nutrition Facts



Properties

Glycemic Index:14.34, Glycemic Load:0.39, Inflammation Score:-6, Nutrition Score:6.7978262175684%

Flavonoids

Cyanidin: 29.65mg, Cyanidin: 29.65mg, Cyanidin: 29.65mg, Cyanidin: 29.65mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 1.99mg, Delphinidin: 1.99mg, Delphinidin: 1.99mg, Delphinidin:

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Nutrients (% of daily need)

Calories: 47.36kcal (2.37%), Fat: 1.95g (3%), Saturated Fat: 0.28g (1.72%), Carbohydrates: 4.61g (1.54%), Net Carbohydrates: 4.03g (1.46%), Sugar: 1.23g (1.37%), Cholesterol: 0mg (0%), Sodium: 115.92mg (5.04%), Alcohol: 1.06g (100%), Alcohol %: 0.99% (100%), Protein: 1.22g (2.44%), Vitamin K: 62.8µg (59.81%), Vitamin C: 15.43mg (18.7%), Vitamin A: 539.78IU (10.8%), Folate: 34.97µg (8.74%), Manganese: 0.16mg (8.01%), Copper: 0.13mg (6.71%), Potassium: 229.08mg (6.55%), Vitamin E: 0.87mg (5.78%), Vitamin B6: 0.09mg (4.46%), Phosphorus: 39.43mg (3.94%), Iron: 0.65mg (3.62%), Magnesium: 14.05mg (3.51%), Vitamin B2: 0.04mg (2.41%), Fiber: 0.58g (2.31%), Zinc: 0.32mg (2.16%), Vitamin B1: 0.03mg (2.15%), Vitamin B5: 0.2mg (2.01%), Vitamin B3: 0.39mg (1.96%), Calcium: 18.48mg (1.85%)