



Parsley Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



324 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups cherry tomatoes halved
- ☐ 1.5 quarts lightly curly-parsley leaves packed
- ☐ 1 teaspoon dijon mustard
- ☐ 0.1 teaspoon fresh-ground pepper black
- ☐ 0.3 pound mushrooms cut into thin slices
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup pinenuts
- ☐ 0.5 teaspoon salt

- ☐ 2 scallions including tops green cut into thin slices
- ☐ 1 tablespoon red-wine vinegar

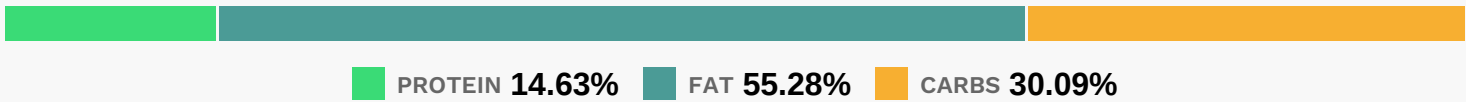
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ In a small frying pan, toast the pine nuts over moderately low heat, stirring frequently, until golden brown, about 5 minutes. Or toast them in a 350 oven for 5 to 10 minutes.
- ☐ In a large glass or stainless-steel bowl, whisk together the vinegar, mustard, salt, and pepper.
- ☐ Add the oil slowly, whisking.
- ☐ Add the parsley, scallions, tomatoes, and mushrooms and toss. Top with the pine nuts.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:3.75, Inflammation Score:-10, Nutrition Score:46.056521635988%

Flavonoids

Apigenin: 764.64mg, Apigenin: 764.64mg, Apigenin: 764.64mg, Apigenin: 764.64mg Luteolin: 3.89mg, Luteolin: 3.89mg, Luteolin: 3.89mg, Luteolin: 3.89mg Kaempferol: 5.37mg, Kaempferol: 5.37mg, Kaempferol: 5.37mg, Kaempferol: 5.37mg Myricetin: 52.67mg, Myricetin: 52.67mg, Myricetin: 52.67mg, Myricetin: 52.67mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 323.73kcal (16.19%), Fat: 22.29g (34.29%), Saturated Fat: 2.77g (17.33%), Carbohydrates: 27.29g (9.1%), Net Carbohydrates: 14.37g (5.22%), Sugar: 5.43g (6.03%), Cholesterol: 0mg (0%), Sodium: 512.44mg (22.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.27g (26.55%), Vitamin K: 5846.85µg (5568.43%), Vitamin A: 30232.02IU (604.64%), Vitamin C: 486.55mg (589.75%), Folate: 558.31µg (139.58%), Iron: 23.2mg (128.89%), Manganese: 1.41mg (70.39%), Potassium: 2249.3mg (64.27%), Magnesium: 208.26mg (52.07%), Fiber: 12.92g

(51.69%), Calcium: 504.01mg (50.4%), Copper: 0.78mg (38.98%), Vitamin E: 5.75mg (38.31%), Vitamin B3: 6.38mg (31.9%), Zinc: 4.6mg (30.67%), Phosphorus: 298.34mg (29.83%), Vitamin B2: 0.5mg (29.35%), Vitamin B1: 0.38mg (25.65%), Vitamin B6: 0.41mg (20.28%), Vitamin B5: 1.95mg (19.52%), Selenium: 3.79µg (5.42%)