



Salad of Mesclun Greens with Dried Cranberries, Mascarpone Dumplings and Champagne Vinaigrette



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



252 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 0.5 cup champagne
- ☐ 0.3 cup champagne vinegar
- ☐ 0.3 cup chives chopped
- ☐ 2 tablespoons chives chopped
- ☐ 0.5 cup goat cheese

- ☐ 1 cup grape tomatoes cut in 1/2
- ☐ 1 cup grapeseed oil
- ☐ 4 cups greens green red loosely packed cleaned such as romaine, and leaf lettuce, radicchio, frissee
- ☐ 0.5 cup mascarpone cheese
- ☐ 6 servings salt
- ☐ 0.5 cup sun-dried cranberries
- ☐ 1 teaspoon vanilla extract

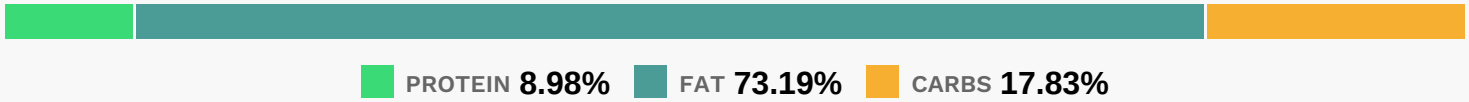
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Mix goat cheese, mascarpone and chives in a bowl.
- ☐ Roll into small "dumplings" and set aside at room temperature.
- ☐ Make vinaigrette by mixing together vinegar, Champagne, vanilla, chives, salt, and pepper, in a small bowl.
- ☐ Add oil in a slow stream by whisking constantly.
- ☐ Cut or shred greens into 1/2-inch wide pieces.
- ☐ Combine cheese dumplings, greens, cranberries, and tomatoes and toss with enough vinaigrette to coat.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:0.29, Inflammation Score:-9, Nutrition Score:8.219565173854%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg,

Naringenin: 0.17mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 252.23kcal (12.61%), Fat: 19.91g (30.63%), Saturated Fat: 8.73g (54.57%), Carbohydrates: 10.91g (3.64%), Net Carbohydrates: 9.68g (3.52%), Sugar: 8.7g (9.67%), Cholesterol: 27.45mg (9.15%), Sodium: 284.52mg (12.37%), Alcohol: 1.49g (100%), Alcohol %: 1.13% (100%), Protein: 5.49g (10.99%), Vitamin A: 2558.6IU (51.17%), Vitamin K: 39.15µg (37.29%), Vitamin E: 2.53mg (16.88%), Copper: 0.18mg (8.79%), Vitamin C: 7.23mg (8.76%), Manganese: 0.16mg (8.17%), Calcium: 70.22mg (7.02%), Phosphorus: 67.65mg (6.76%), Vitamin B2: 0.1mg (6.15%), Vitamin B6: 0.1mg (5.03%), Fiber: 1.24g (4.95%), Iron: 0.85mg (4.73%), Folate: 18.13µg (4.53%), Potassium: 146.72mg (4.19%), Magnesium: 13.02mg (3.26%), Vitamin B1: 0.04mg (2.85%), Vitamin B5: 0.22mg (2.15%), Vitamin B3: 0.42mg (2.08%), Zinc: 0.31mg (2.04%), Selenium: 0.8µg (1.15%)