



Salad With Balsamic-Leek Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



24 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon mustard dry
- ☐ 0.3 cup leek chopped
- ☐ 1 cup leek thinly sliced 1 medium
- ☐ 8 cups torn leaf lettuce red loosely packed
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.1 teaspoon salt

☐ 0.3 cup water

Equipment

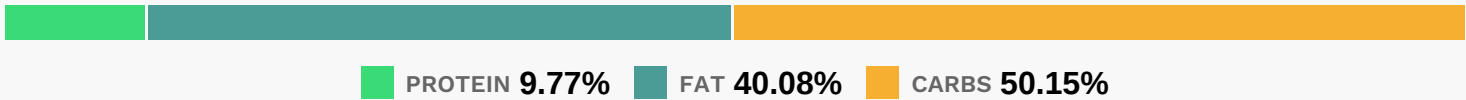
☐ bowl

☐ blender

Directions

- ☐ Combine lettuce and leek slices in a large bowl; toss gently, and set aside.
- ☐ Combine chopped leek and next 6 ingredients in a blender, and process until smooth.
- ☐ Pour over lettuce mixture, and toss well.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:0.81, Inflammation Score:-8, Nutrition Score:5.7369564227436%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 24.08kcal (1.2%), Fat: 1.13g (1.74%), Saturated Fat: 0.15g (0.96%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.65g (0.96%), Sugar: 1.13g (1.26%), Cholesterol: 0mg (0%), Sodium: 47.22mg (2.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Vitamin A: 2329.94IU (46.6%), Vitamin K: 46.44µg (44.23%), Manganese: 0.14mg (6.86%), Folate: 19.09µg (4.77%), Iron: 0.67mg (3.71%), Vitamin C: 2.71mg (3.28%), Vitamin B6: 0.06mg (3.04%), Potassium: 82.06mg (2.34%), Vitamin E: 0.32mg (2.12%), Fiber: 0.53g (2.1%), Magnesium: 8.03mg (2.01%), Calcium: 18.95mg (1.9%), Vitamin B1: 0.03mg (1.79%), Vitamin B2: 0.03mg (1.53%), Phosphorus: 13.89mg (1.39%), Copper: 0.03mg (1.39%)