



Salad with Balsamic Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



66 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 cup carrots
- ☐ 0.5 teaspoon dijon mustard
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup onion red thinly sliced
- ☐ 5 ounce the salad
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon shallots minced

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0.3 teaspoon sugar

Equipment

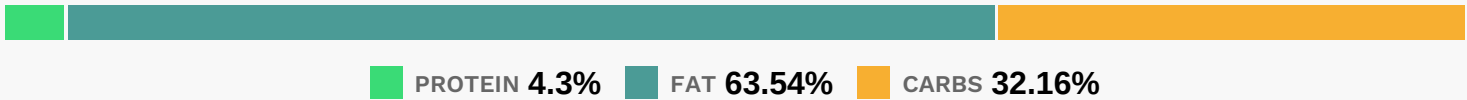
☐

bowl

Directions

- ☐ Combine balsamic vinegar, olive oil, minced shallots, and Dijon in a large bowl. Stir in sugar and salt.
- ☐ Add herb salad, carrot ribbons, and red onion; toss.

Nutrition Facts



Properties

Glycemic Index:42.65, Glycemic Load:1.59, Inflammation Score:-9, Nutrition Score:5.8260870783225%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 65.9kcal (3.3%), Fat: 4.76g (7.33%), Saturated Fat: 0.66g (4.13%), Carbohydrates: 5.43g (1.81%), Net Carbohydrates: 4.53g (1.65%), Sugar: 2.68g (2.97%), Cholesterol: 0mg (0%), Sodium: 75.95mg (3.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.45%), Vitamin A: 3832.95IU (76.66%), Vitamin C: 7.86mg (9.53%), Vitamin E: 0.82mg (5.45%), Vitamin K: 5.7µg (5.43%), Manganese: 0.1mg (4.81%), Potassium: 140.59mg (4.02%), Folate: 15.92µg (3.98%), Fiber: 0.9g (3.58%), Vitamin B6: 0.07mg (3.52%), Phosphorus: 23.01mg (2.3%), Vitamin B1: 0.03mg (1.94%), Magnesium: 7.68mg (1.92%), Iron: 0.33mg (1.85%), Vitamin B3: 0.36mg (1.8%), Vitamin B2: 0.03mg (1.67%), Calcium: 15.58mg (1.56%), Copper: 0.03mg (1.49%), Vitamin B5: 0.11mg (1.09%)