



Salad With Dijon Vinaigrette

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



30 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 servings pepper black freshly ground to taste
- 6 servings dijon vinaigrette
- 6 cup salad greens mixed
- 0.3 cup parmesan cheese freshly grated
- 1 cup purple green very thinly sliced

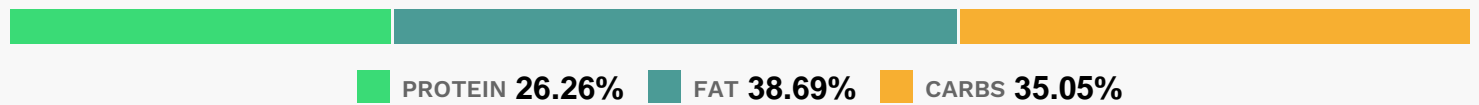
Equipment

- bowl

Directions

- Place salad greens and cabbage in a large bowl.
- Drizzle 2 to 3 tablespoons Dijon Vinaigrette over greens, and squeeze lemon over salad, if desired.
- Sprinkle with pepper and cheese.
- Serve immediately.
- Note: Calories include 1 tablespoon dressing.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:3.7200000422156%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 30.16kcal (1.51%), Fat: 1.38g (2.12%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 2.81g (0.94%), Net Carbohydrates: 2.28g (0.83%), Sugar: 0.45g (0.5%), Cholesterol: 3.63mg (1.21%), Sodium: 140.44mg (6.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.21%), Vitamin C: 13.57mg (16.45%), Vitamin A: 505.97IU (10.12%), Vitamin K: 9.18µg (8.74%), Manganese: 0.11mg (5.73%), Folate: 20.43µg (5.11%), Phosphorus: 50.61mg (5.06%), Calcium: 50.29mg (5.03%), Selenium: 3.36µg (4.8%), Potassium: 105.13mg (3%), Vitamin B6: 0.05mg (2.68%), Vitamin B2: 0.04mg (2.5%), Magnesium: 9.83mg (2.46%), Iron: 0.41mg (2.3%), Fiber: 0.53g (2.13%), Zinc: 0.32mg (2.12%), Vitamin B1: 0.03mg (1.99%), Copper: 0.03mg (1.45%), Vitamin B3: 0.28mg (1.4%), Vitamin B5: 0.1mg (1.03%)