



Simple Green Salad with Honey Tomato Vinaigrette

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



214 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound beefsteak tomatoes ripe
- 1 teaspoon dijon mustard
- 1 cup basil leaves fresh packed
- 2 cloves garlic grated
- 2 teaspoons honey
- 4 servings kosher salt
- 1 pound greens mixed (mesclun, endive, radicchio, butter lettuce)

- 0.3 cup olive oil extra-virgin
- 1 wedge parmesan for garnish
- 4 servings freshly cracked pepper black
- 1 teaspoon sugar

Equipment

- bowl
- whisk
- pot
- sieve
- spatula

Directions

- For the vinaigrette: Roughly chop the tomatoes and mix with 2 teaspoons salt and the sugar.
- Let macerate for 10 minutes to get the juices running, and then use your hands to crush the tomatoes.
- Place the tomatoes in a fine mesh strainer set over a saucepot. Use a rubber spatula to press all the liquid out of the tomatoes. Discard the solids and save all the sweet juice.
- Set the pot over medium heat and add the honey and garlic. Simmer for 10 minutes or so until you are left with about 1/2 cup worth of tomato juice.
- Turn the heat off and add in the Dijon mustard. Then whisk in the olive oil to make an emulsification and season with salt and pepper.
- For the salad: In a large bowl, add the greens and basil leaves.
- Pour over some of the vinaigrette to lightly coat the greens and gently toss. Shave some Parmesan over the top and finish with a few more cracks of fresh black pepper.

Nutrition Facts

  

 PROTEIN 5.27%  FAT 74.19%  CARBS 20.54%

Properties

Glycemic Index:87.84, Glycemic Load:3.56, Inflammation Score:-10, Nutrition Score:17.527826042198%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 214.37kcal (10.72%), Fat: 18.64g (28.67%), Saturated Fat: 2.6g (16.24%), Carbohydrates: 11.61g (3.87%), Net Carbohydrates: 8.79g (3.2%), Sugar: 7.97g (8.86%), Cholesterol: 0.17mg (0.06%), Sodium: 223.91mg (9.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.95%), Vitamin K: 160.91µg (153.25%), Vitamin A: 5020.37IU (100.41%), Folate: 104.11µg (26.03%), Vitamin C: 21.3mg (25.82%), Vitamin E: 3.46mg (23.09%), Manganese: 0.45mg (22.38%), Potassium: 567.85mg (16.22%), Iron: 2.08mg (11.54%), Fiber: 2.82g (11.29%), Vitamin B6: 0.21mg (10.69%), Magnesium: 32.39mg (8.1%), Vitamin B1: 0.11mg (7.61%), Phosphorus: 73.67mg (7.37%), Calcium: 69.07mg (6.91%), Vitamin B2: 0.1mg (5.97%), Copper: 0.12mg (5.82%), Vitamin B3: 1.16mg (5.78%), Zinc: 0.51mg (3.4%), Vitamin B5: 0.3mg (3.01%), Selenium: 1.43µg (2.05%)