



Spring Green Salad with Creamy Lemon Vinaigrette



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



140 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon crème fraîche
- ☐ 1 handful mint leaves fresh
- ☐ 1 tablespoon grainy mustard
- ☐ 1 juice of lemon juiced
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 teaspoon sugar

- ☐ 2 pints sunflower sprouts mixed (or)
- ☐ 1 tablespoon water hot

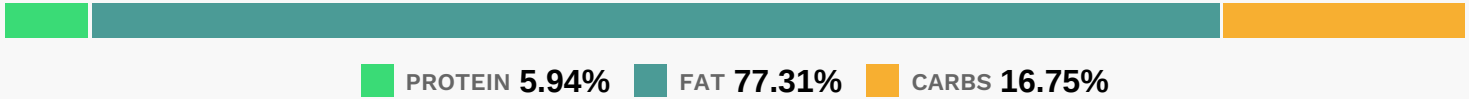
Equipment

- ☐ bowl
- ☐ canning jar

Directions

- ☐ Wash and dry the shoots and mint, place in a large bowl.
- ☐ In a mason jar, combine the mustard, water, lemon juice, oil, creme fraiche, sugar, salt, and pepper.
- ☐ Put the cap on and shake vigorously to emulsify.
- ☐ Drizzle the vinaigrette over the greens and toss well to coat.
- ☐ Serve immediately. Store any remaining vinaigrette in the jar in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:22.35, Glycemic Load:0.25, Inflammation Score:-8, Nutrition Score:8.3256522005667%

Flavonoids

Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 139.9kcal (7%), Fat: 12.61g (19.39%), Saturated Fat: 1.89g (11.78%), Carbohydrates: 6.14g (2.05%), Net Carbohydrates: 5.94g (2.16%), Sugar: 0.56g (0.63%), Cholesterol: 1.18mg (0.39%), Sodium: 69.77mg (3.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Vitamin C: 38.77mg (46.99%), Vitamin A: 1835.16IU (36.7%), Folate: 60.43µg (15.11%), Manganese: 0.26mg (13.19%), Vitamin E: 1.75mg (11.69%), Potassium: 287.94mg (8.23%), Vitamin K: 7.46µg (7.1%), Phosphorus: 66.78mg (6.68%), Vitamin B6: 0.13mg (6.61%), Iron: 1.15mg

(6.39%), Vitamin B2: 0.09mg (5.1%), Magnesium: 19.78mg (4.94%), Vitamin B3: 0.9mg (4.5%), Copper: 0.09mg (4.29%), Vitamin B1: 0.05mg (3.62%), Calcium: 26.66mg (2.67%), Zinc: 0.37mg (2.43%), Selenium: 1.57µg (2.24%), Vitamin B5: 0.21mg (2.14%)