



## Spring Greens with Molasses Vinaigrette

 **Gluten Free**  **Dairy Free**

READY IN



**15 min.**

SERVINGS



**8**

CALORIES



**117 kcal**

SIDE DISH

### Ingredients

- 0.3 cup olive oil
- 0.3 cup apple cider vinegar
- 2 tablespoons blackstrap molasses
- 1 tablespoon mustard coarse-grained
- 1 clove garlic finely chopped
- 0.8 teaspoon kosher salt (coarse)
- 0.5 teaspoon pepper
- 5 oz spring mix of spinach mixed

0.3 onion red thinly sliced

1 cup croutons

## Equipment

bowl

whisk

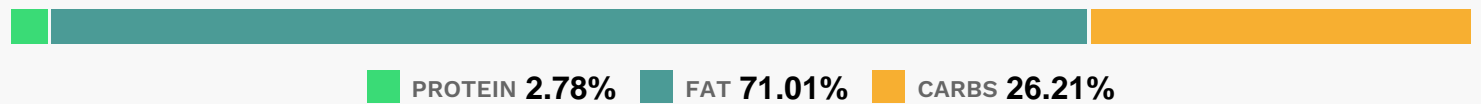
## Directions

In small bowl, mix oil, vinegar, molasses, mustard, garlic, salt and pepper with whisk.

In large bowl, toss greens with desired amount of dressing. Top with onion and croutons.

Serve with remaining dressing.

## Nutrition Facts



## Properties

Glycemic Index:34.63, Glycemic Load:3.65, Inflammation Score:-3, Nutrition Score:2.9895652195682%

## 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 Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

## Nutrients (% of daily need)

Calories: 117.12kcal (5.86%), Fat: 9.34g (14.37%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 7.76g (2.59%), Net Carbohydrates: 7.39g (2.69%), Sugar: 3.94g (4.38%), Cholesterol: 0mg (0%), Sodium: 272.05mg (11.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Manganese: 0.17mg (8.75%), Vitamin E: 1.3mg (8.7%), Vitamin C: 4.49mg (5.44%), Vitamin K: 5.67µg (5.4%), Selenium: 3.09µg (4.41%), Magnesium: 17.14mg (4.29%), Vitamin A: 203.4IU (4.07%), Potassium: 124.71mg (3.56%), Iron: 0.62mg (3.46%), Folate: 12.32µg (3.08%), Vitamin B6: 0.06mg (2.95%), Vitamin B1: 0.04mg (2.45%), Copper: 0.05mg (2.28%), Calcium: 19.36mg (1.94%), Vitamin B3: 0.37mg (1.83%), Phosphorus: 17.16mg (1.72%), Fiber: 0.37g (1.48%), Vitamin B2: 0.02mg (1.29%)