



Spring Greens with Molasses Vinaigrette



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



117 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 1 cup croutons
- ☐ 1 clove garlic finely chopped
- ☐ 5 oz the salad mixed
- ☐ 0.8 teaspoon kosher salt (coarse)
- ☐ 2 tablespoons blackstrap molasses
- ☐ 1 tablespoon mustard coarse-grained
- ☐ 0.3 cup olive oil

- ☐ 0.5 teaspoon pepper
- ☐ 0.3 onion red thinly sliced

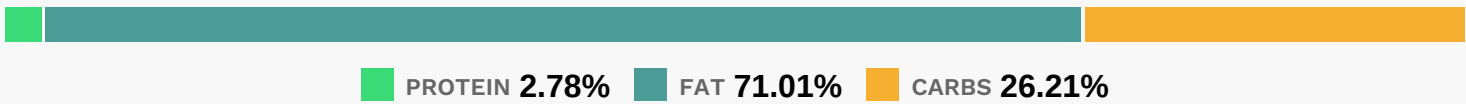
Equipment

- ☐ 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, 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%)