



WHATSheATE



## Treviso, Walnut, and Gruyère Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



177 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients



8 servings coarse kosher salt



1 teaspoon dijon mustard



0.3 cup chives fresh chopped



0.3 cup olive oil



1 cup walnut halves toasted



0.3 cup citrus champagne vinegar



1 pound treviso ( two 8-ounce heads)



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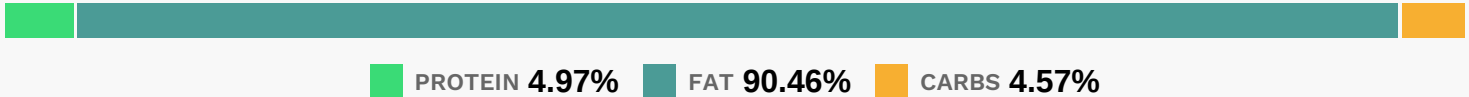
# Equipment

- ☐ bowl
- ☐ whisk

# Directions

- ☐ Whisk vinegar and mustard in small bowl to blend. Gradually whisk in oil. Season dressing to taste with coarse salt and freshly ground black pepper.
- ☐ Cut Treviso crosswise into 1/2-inch-wide strips; discard bottom 2 to 3 inches.
- ☐ Place strips in large bowl; add mixed baby greens and chives. DO AHEAD: Dressing and salad can be made 6 hours ahead. Cover separately and chill. Bring dressing to room temperature and rewhisk before using.
- ☐ Pour dressing over salad and toss to coat.
- ☐ Add cheese and walnuts; toss salad, then transfer to serving bowl.
- ☐ Bon Appétit

# Nutrition Facts



# Properties

Glycemic Index:12.13, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:4.2734783162241%

# Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg 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: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

# Nutrients (% of daily need)

Calories: 177.38kcal (8.87%), Fat: 18.57g (28.56%), Saturated Fat: 2.14g (13.39%), Carbohydrates: 2.11g (0.7%), Net Carbohydrates: 1.07g (0.39%), Sugar: 0.41g (0.46%), Cholesterol: 0mg (0%), Sodium: 201.77mg (8.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.59%), Manganese: 0.51mg (25.53%), Copper: 0.24mg (11.79%), Vitamin E: 1.4mg (9.35%), Vitamin K: 8.48µg (8.08%), Magnesium: 24.24mg (6.06%), Phosphorus: 52.6mg (5.26%),

Fiber: 1.04g (4.15%), Vitamin B6: 0.08mg (4.03%), Folate: 15.69µg (3.92%), Vitamin B1: 0.05mg (3.47%), Zinc: 0.47mg (3.1%), Iron: 0.54mg (3.01%), Potassium: 72.18mg (2.06%), Calcium: 16.53mg (1.65%), Vitamin B2: 0.02mg (1.4%), Selenium: 0.94µg (1.34%), Vitamin C: 0.96mg (1.16%), Vitamin A: 57.78IU (1.16%)