



Walk-Around-the-Garden Salad with Herb Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



12 min.

SERVINGS



6

CALORIES



120 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



2 cups baby arugula



6 servings the petals from dandelion flowers



6 servings caraway seeds



0.3 cup champagne vinegar



6 servings cucumber sliced



0.5 cup optional: dill fresh



2 cups parsley fresh

- ☐ 0.3 cup chives fresh finely chopped
- ☐ 0.3 cup tarragon fresh finely chopped
- ☐ 1 teaspoon kosher salt
- ☐ 6 servings mustard seeds
- ☐ 1 cup olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 6 servings peppercorns mixed crushed
- ☐ 6 servings radishes sliced
- ☐ 6 ounces the of 1 cos lettuce
- ☐ 1 shallots minced
- ☐ 2 teaspoons coarse mustard

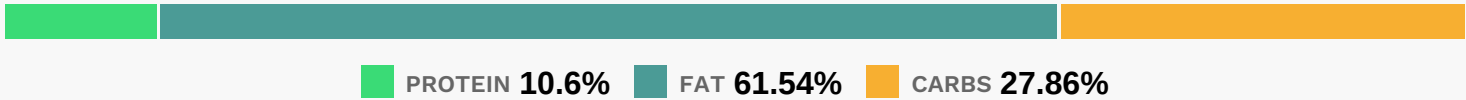
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 7 ingredients in a bowl.
- ☐ Whisk in oil. Cover and chill until ready to serve.
- ☐ Drizzle dressing evenly on each of 6 chilled plates. Arrange lettuces and remaining ingredients evenly on plates.

Nutrition Facts



Properties

Glycemic Index:61.17, Glycemic Load:1.79, Inflammation Score:-10, Nutrition Score:20.000000134758%

Flavonoids

Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Apigenin: 43.12mg, Apigenin: 43.12mg, Apigenin: 43.12mg, Apigenin: 43.12mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 2.14mg, Isorhamnetin: 2.14mg, Isorhamnetin: 2.14mg, Isorhamnetin: 2.14mg Kaempferol: 3.87mg, Kaempferol: 3.87mg, Kaempferol: 3.87mg, Kaempferol: 3.87mg Myricetin: 3mg, Myricetin: 3mg, Myricetin: 3mg, Myricetin: 3mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 120.28kcal (6.01%), Fat: 8.79g (13.52%), Saturated Fat: 1.18g (7.38%), Carbohydrates: 8.95g (2.98%), Net Carbohydrates: 5.13g (1.86%), Sugar: 2.28g (2.53%), Cholesterol: 0mg (0%), Sodium: 450.14mg (19.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.81%), Vitamin K: 376.29µg (358.38%), Vitamin A: 4847.03IU (96.94%), Vitamin C: 44.13mg (53.49%), Manganese: 0.66mg (32.85%), Folate: 111.11µg (27.78%), Iron: 4.21mg (23.38%), Fiber: 3.83g (15.3%), Potassium: 532.73mg (15.22%), Magnesium: 50.49mg (12.62%), Calcium: 125.6mg (12.56%), Vitamin B6: 0.19mg (9.73%), Vitamin E: 1.4mg (9.36%), Selenium: 5.6µg (8.01%), Phosphorus: 78.04mg (7.8%), Vitamin B2: 0.13mg (7.78%), Copper: 0.15mg (7.51%), Vitamin B1: 0.09mg (5.72%), Zinc: 0.86mg (5.7%), Vitamin B3: 1.01mg (5.05%), Vitamin B5: 0.32mg (3.2%)