



Warm Greens with Balsamic Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 6 oz mushrooms fresh sliced
- ☐ 1 clove garlic finely chopped
- ☐ 1 teaspoon honey
- ☐ 3 cups romaine leaves
- ☐ 0.3 teaspoon paprika
- ☐ 3 tablespoons pinenuts toasted
- ☐ 2 cups radicchio thinly

- ☐ 0.3 teaspoon salt
- ☐ 3 cups pkt spinach fresh
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup water

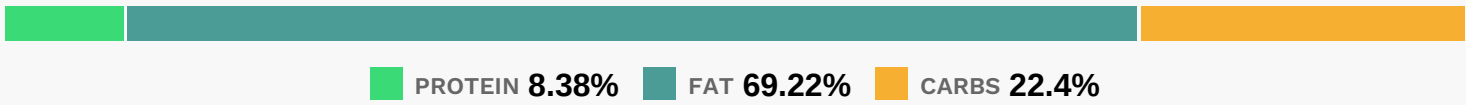
Equipment

- ☐ frying pan

Directions

- ☐ In tightly covered container, shake all vinaigrette ingredients until well blended. Makes 1 cup vinaigrette; use 1/3 cup for this recipe.
- ☐ In 10-inch nonstick skillet, heat 1/3 cup balsamic vinaigrette to boiling over medium heat. Cook mushrooms in vinaigrette 3 minutes; remove from heat.
- ☐ Add remaining salad ingredients. Toss 1 to 2 minutes or until greens begin to wilt.
- ☐ Serve immediately.
- ☐ Sprinkle with freshly ground pepper if desired.

Nutrition Facts



Properties

Glycemic Index:35.21, Glycemic Load:1.73, Inflammation Score:-10, Nutrition Score:19.877391247646%

Flavonoids

Cyanidin: 16.93mg, Cyanidin: 16.93mg, Cyanidin: 16.93mg, Cyanidin: 16.93mg Delphinidin: 1.02mg, Delphinidin: 1.02mg, Delphinidin: 1.02mg, Delphinidin: 1.02mg Luteolin: 5.18mg, Luteolin: 5.18mg, Luteolin: 5.18mg, Luteolin: 5.18mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 158.32kcal (7.92%), Fat: 12.7g (19.55%), Saturated Fat: 1.66g (10.4%), Carbohydrates: 9.25g (3.08%), Net Carbohydrates: 7.11g (2.58%), Sugar: 4.63g (5.14%), Cholesterol: 0mg (0%), Sodium: 149.61mg (6.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.93%), Vitamin A: 10211.18IU (204.22%), Vitamin K: 125.92µg

(119.93%), Manganese: 0.99mg (49.3%), Vitamin C: 27.37mg (33.18%), Folate: 88.65µg (22.16%), Vitamin B2: 0.28mg (16.34%), Vitamin E: 2.2mg (14.65%), Potassium: 489.89mg (14%), Vitamin B1: 0.17mg (11.64%), Iron: 2.08mg (11.53%), Magnesium: 45.77mg (11.44%), Copper: 0.23mg (11.43%), Phosphorus: 103.21mg (10.32%), Vitamin B6: 0.2mg (9.88%), Vitamin B3: 1.87mg (9.36%), Fiber: 2.14g (8.57%), Calcium: 66.11mg (6.61%), Zinc: 0.89mg (5.94%), Selenium: 3.74µg (5.34%), Vitamin B5: 0.49mg (4.92%)