



Wild Field Greens and Vine Ripened Tomatoes with Warm Hazelnut Forest Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



12

CALORIES



93 kcal

SIDE DISH

Ingredients

- 1 tablespoon balsamic vinegar
- 3 large beefsteak tomatoes cut into 1/ slices
- 1 shallot clove minced
- 1 ounce mushroom caps dried
- 1 tablespoon chives fresh minced
- 1 tablespoon hazelnut oil
- 2 cups greens such as frisee and leaf lettuce mixed dried fresh red

- 0.3 cup olive oil extra-virgin
- 2 baby greens separated
- 12 servings salt and pepper black freshly ground
- 1 tablespoon walnut oil

Equipment

- bowl
- paper towels
- whisk
- mixing bowl
- pot

Directions

- Break or chop mushrooms into 1/4-inch pieces and cover with 1/4 cup warm water.
- Let sit for 30 minutes to rehydrate. Strain mushrooms, reserving soaking liquid in a small bowl. Rinse mushrooms and set aside. Strain soaking liquid through a paper towel into a small pot and reduce by half over medium heat.
- Combine hazelnut oil, walnut oil and olive oil in a small bowl.
- Combine vinegar, shallot, chives and salt and pepper in a separate medium mixing bowl and whisk in warm soaking liquid. Continue whisking and add oil in a slow thin stream to emulsify.
- Lay out slices of tomato. Top with salad greens and mushrooms.
- Drizzle with warm dressing and top with 2 small romaine leaves.

Nutrition Facts



PROTEIN 6.58% **FAT 64.27%** **CARBS 29.15%**

Properties

Glycemic Index:13.75, Glycemic Load:1, Inflammation Score:-10, Nutrition Score:11.963912958684%

Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 93.07kcal (4.65%), Fat: 7.06g (10.86%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 7.2g (2.4%), Net Carbohydrates: 5.08g (1.85%), Sugar: 3.11g (3.46%), Cholesterol: 0mg (0%), Sodium: 17.57mg (0.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.25%), Vitamin A: 5279.38IU (105.59%), Vitamin K: 29.62µg (28.21%), Vitamin C: 19.72mg (23.91%), Manganese: 0.3mg (14.88%), Folate: 57.48µg (14.37%), Vitamin E: 1.79mg (11.95%), Potassium: 364.48mg (10.41%), Copper: 0.18mg (9.17%), Fiber: 2.12g (8.47%), Vitamin B6: 0.14mg (7.24%), Vitamin B5: 0.62mg (6.22%), Vitamin B1: 0.09mg (6.12%), Vitamin B2: 0.1mg (5.81%), Vitamin B3: 1.06mg (5.29%), Magnesium: 20.71mg (5.18%), Iron: 0.86mg (4.77%), Phosphorus: 45mg (4.5%), Calcium: 30.35mg (3.04%), Zinc: 0.45mg (3.01%), Selenium: 1.41µg (2.01%)