



Wilted Greens with Warm Sherry Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 20 cups the salad mixed
- ☐ 3 tablespoons cooking sherry
- ☐ 1 teaspoon dijon mustard
- ☐ 1 small garlic clove
- ☐ 0.3 cup olive oil extra-virgin (not)
- ☐ 1 tablespoon shallots finely chopped
- ☐ 0.3 teaspoon sugar
- ☐ 2 tablespoons citrus champagne vinegar

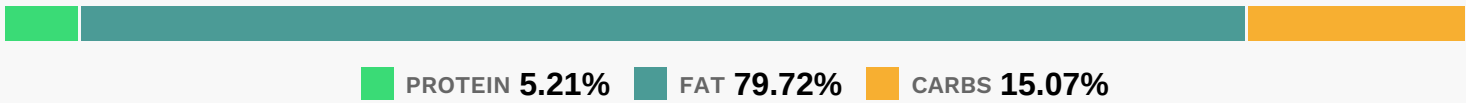
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Mince and mash garlic to a paste with 1/4 teaspoon salt. Cook Sherry, vinegar, mustard, shallot, garlic paste, and sugar in a small saucepan over medium-low heat, whisking, until heated through.
- ☐ Add oil in a slow stream, whisking until emulsified.
- ☐ Toss greens with warm dressing.
- ☐ Serve immediately.
- ☐ Dressing can be made 1 day ahead and chilled.
- ☐ Heat through before tossing with salad.

Nutrition Facts



Properties

Glycemic Index:22.14, Glycemic Load:0.2, Inflammation Score:-7, Nutrition Score:5.2391304373741%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 103.21kcal (5.16%), Fat: 9.09g (13.99%), Saturated Fat: 1.25g (7.84%), Carbohydrates: 3.87g (1.29%), Net Carbohydrates: 3.79g (1.38%), Sugar: 0.29g (0.32%), Cholesterol: 0mg (0%), Sodium: 33.85mg (1.47%), Alcohol: 0.58g (100%), Alcohol %: 0.61% (100%), Protein: 1.34g (2.67%), Vitamin C: 23.44mg (28.41%), Vitamin A: 1136.53IU (22.73%), Folate: 37.54µg (9.38%), Vitamin E: 1.3mg (8.66%), Manganese: 0.17mg (8.39%), Potassium: 184.16mg

(5.26%), Vitamin K: 5.47µg (5.21%), Vitamin B6: 0.09mg (4.61%), Phosphorus: 42.31mg (4.23%), Iron: 0.74mg (4.13%), Magnesium: 12.37mg (3.09%), Vitamin B2: 0.05mg (3.06%), Vitamin B3: 0.56mg (2.82%), Copper: 0.05mg (2.66%), Vitamin B1: 0.03mg (2.2%), Zinc: 0.23mg (1.54%), Calcium: 15.36mg (1.54%), Vitamin B5: 0.13mg (1.3%)