



WHATSheATE



American-style salad with palm hearts



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



1381 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 the of 1 cos lettuce
- ☐ 2 large avocado ripe
- ☐ 400 g palm shortening drained canned
- ☐ 140 g cheese blue such as danish or stilton
- ☐ 1 handful pinenuts toasted
- ☐ 100 ml olive oil extra virgin extra-virgin
- ☐ 2 tbsp balsamic vinegar

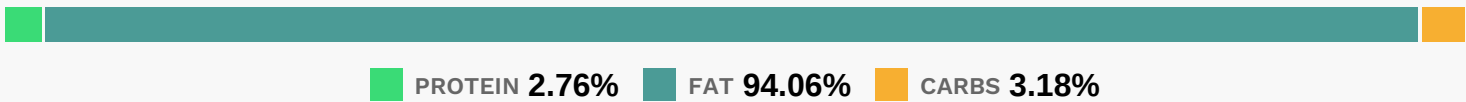
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk

Directions

- ☐ Remove the outer leaves of the lettuce and cut each heart into quarters from top to bottom. Soak in a sink filled with cold water for a few minutes. Split the avocados and remove the stones. Scoop the flesh out with a spoon and chop into large chunks.
- ☐ Cut the palm hearts into chunks of the same size. Using a sharp knife, cut the cheese into small pieces.
- ☐ Whisk together the dressing ingredients with some salt and pepper.
- ☐ Drain the lettuce, then tear into bite-sized pieces and divide between four bowls. Pile a quarter of each of the other ingredients on top of each serving. Pass round the dressing and let everyone toss their own salad.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:1.64, Inflammation Score:-8, Nutrition Score:19.483478188515%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 1381.22kcal (69.06%), Fat: 147.86g (227.47%), Saturated Fat: 61.15g (382.21%), Carbohydrates: 11.25g (3.75%), Net Carbohydrates: 4.21g (1.53%), Sugar: 2.21g (2.46%), Cholesterol: 26.25mg (8.75%), Sodium: 412.96mg (17.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.75g (19.49%), Vitamin E: 21.44mg (142.91%), Vitamin K: 58.17µg (55.4%), Vitamin A: 1633.25IU (32.67%), Folate: 113.13µg (28.28%), Fiber: 7.04g (28.15%), Calcium: 203.91mg (20.39%), Vitamin B5: 2.02mg (20.22%), Phosphorus: 194.87mg (19.49%), Potassium: 622.29mg (17.78%), Vitamin B6: 0.33mg (16.35%), Vitamin B2: 0.27mg (16.14%), Vitamin C: 10.61mg (12.86%), Zinc: 1.63mg (10.86%),

Copper: 0.22mg (10.85%), Vitamin B3: 2.16mg (10.8%), Magnesium: 40.74mg (10.19%), Manganese: 0.2mg (10%), Selenium: 5.53µg (7.91%), Vitamin B12: 0.43µg (7.12%), Vitamin B1: 0.09mg (5.9%), Iron: 1.01mg (5.59%), Vitamin D: 0.17µg (1.17%)