



Baby Romaine Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



62 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.1 teaspoon pepper black
- ☐ 1 teaspoon dijon mustard
- ☐ 2 teaspoons honey
- ☐ 1 tablespoon olive oil
- ☐ 6 cups baby romaine lettuce leaves
- ☐ 0.3 teaspoon salt

Equipment

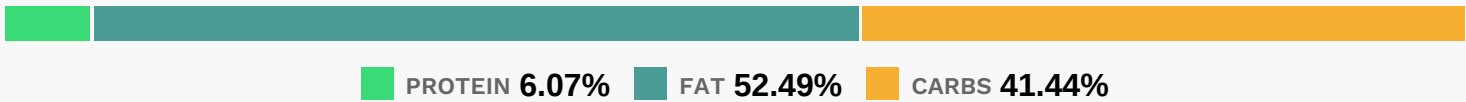
☐

bowl

Directions

- ☐ Combine balsamic vinegar, olive oil, honey, Dijon mustard, salt, and black pepper in a bowl.
- ☐ Drizzle mixture over lettuce leaves; toss well to coat.

Nutrition Facts



Properties

Glycemic Index:41.57, Glycemic Load:2.2, Inflammation Score:-10, Nutrition Score:10.82173926934%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 61.52kcal (3.08%), Fat: 3.76g (5.78%), Saturated Fat: 0.51g (3.22%), Carbohydrates: 6.67g (2.22%), Net Carbohydrates: 5.11g (1.86%), Sugar: 4.93g (5.47%), Cholesterol: 0mg (0%), Sodium: 166.79mg (7.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.95%), Vitamin A: 6141.78IU (122.84%), Vitamin K: 74.49µg (70.94%), Folate: 96.05µg (24.01%), Manganese: 0.14mg (6.81%), Fiber: 1.56g (6.23%), Potassium: 187.69mg (5.36%), Iron: 0.8mg (4.46%), Vitamin E: 0.6mg (4%), Vitamin B1: 0.05mg (3.55%), Vitamin C: 2.84mg (3.45%), Vitamin B2: 0.05mg (2.91%), Magnesium: 11.61mg (2.9%), Vitamin B6: 0.05mg (2.7%), Calcium: 26.82mg (2.68%), Phosphorus: 24.26mg (2.43%), Copper: 0.04mg (1.95%), Zinc: 0.19mg (1.24%), Vitamin B3: 0.23mg (1.16%), Vitamin B5: 0.11mg (1.07%), Selenium: 0.74µg (1.05%)