



HEALTH SCORE

86%

Bibb Lettuce Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



181 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 heads boston lettuce
- ☐ 0.3 cup chervil
- ☐ 2 tablespoons chives minced
- ☐ 4 servings pepper black freshly ground
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup flat parsley italian
- ☐ 2 tablespoons shallots minced
- ☐ 0.3 cup tarragon

☐ 0.5 cup balsamic vinaigrette salad dressing

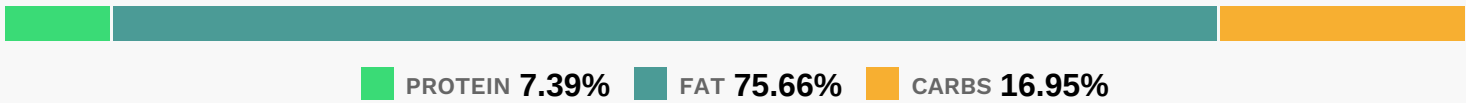
Equipment

- ☐ bowl
- ☐ salad spinner

Directions

- ☐ Carefully cut out the core from each head of lettuce and separate the leaves, but keep each head of lettuce together; discard any tough outer leaves. Because each head of lettuce will be reassembled, the easiest way to work is with one head at a time. First, place the leaves in a bowl of cold water to refresh them and remove any dirt, then lift out and spin-dry in a salad spinner.
- ☐ Place the leaves from a single head of lettuce in a bowl.
- ☐ Sprinkle with a pinch of salt, a few grinds of pepper, 1 1/2 teaspoons of the shallots and chives, and 1 tablespoon each of the parsley, tarragon, and chervil. Then toss gently with 2 tablespoons of the vinaigrette and 1 teaspoon of lemon juice. Repeat with the remaining heads.
- ☐ For each serving, arrange the outer lettuce leaves as a base on the plate and rebuild each head of lettuce, ending with the smallest, most tender leaves.
- ☐ Bouchon
- ☐ Artisan

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:1.22, Inflammation Score:-10, Nutrition Score:18.48173909602%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg

0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg
Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 4.55mg, Quercetin:
4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 181.08kcal (9.05%), Fat: 16.36g (25.18%), Saturated Fat: 2.96g (18.53%), Carbohydrates: 8.25g (2.75%), Net
Carbohydrates: 5.69g (2.07%), Sugar: 2.86g (3.18%), Cholesterol: 0mg (0%), Sodium: 14.54mg (0.63%), Alcohol: 0g
(100%), Alcohol %: 0% (100%), Protein: 3.6g (7.2%), Vitamin K: 262.52µg (250.02%), Vitamin A: 6006.01IU (120.12%),
Folate: 141.75µg (35.44%), Manganese: 0.62mg (30.9%), Iron: 3.88mg (21.55%), Vitamin C: 16.12mg (19.53%),
Potassium: 607.87mg (17.37%), Vitamin B6: 0.25mg (12.49%), Calcium: 123.46mg (12.35%), Vitamin E: 1.77mg
(11.83%), Fiber: 2.56g (10.25%), Magnesium: 38.23mg (9.56%), Vitamin B2: 0.16mg (9.5%), Phosphorus: 77.3mg
(7.73%), Vitamin B1: 0.12mg (7.68%), Vitamin B3: 1.02mg (5.12%), Zinc: 0.66mg (4.4%), Copper: 0.07mg (3.44%),
Selenium: 2.16µg (3.09%), Vitamin B5: 0.29mg (2.85%)