



Bibb Lettuce with Shaken Vinaigrette



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 4 heads bibb lettuce
- ☐ 4 ounces cheese blue crumbled
- ☐ 1 tablespoon dijon mustard
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 cup pinenuts toasted
- ☐ 1 tablespoon red wine vinegar
- ☐ 1 shallots peeled chopped

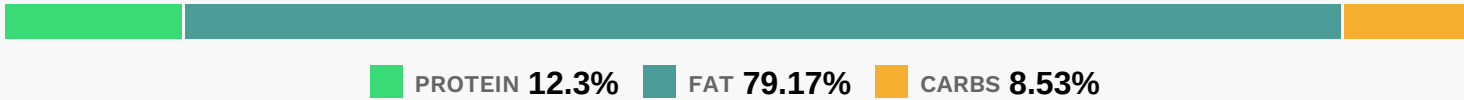
Equipment

- ☐ bowl
- ☐ immersion blender

Directions

- ☐ Combine the shallot, mustard, vinegar, oil, and salt and pepper in a jar and, with an immersion blender, pulse until the shallot is chopped and the vinaigrette is emulsified. Season, to taste, with salt and pepper.
- ☐ Break the lettuce leaves off the heads, put them in a large bowl or on a platter, and dress them whole with the vinaigrette. Top with the toasted pine nuts and crumbled blue cheese.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:0.31, Inflammation Score:-10, Nutrition Score:16.24217371837%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 203.51kcal (10.18%), Fat: 18.6g (28.62%), Saturated Fat: 5.09g (31.82%), Carbohydrates: 4.51g (1.5%), Net Carbohydrates: 2.84g (1.03%), Sugar: 1.68g (1.87%), Cholesterol: 14.17mg (4.72%), Sodium: 251.29mg (10.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.5g (13.01%), Vitamin K: 120.3µg (114.58%), Vitamin A: 3747.36IU (74.95%), Manganese: 0.73mg (36.39%), Folate: 89.65µg (22.41%), Phosphorus: 146.9mg (14.69%), Calcium: 142.52mg (14.25%), Vitamin E: 2.08mg (13.83%), Iron: 1.88mg (10.43%), Potassium: 360.65mg (10.3%), Vitamin B2: 0.16mg (9.12%), Magnesium: 34.94mg (8.73%), Zinc: 1.12mg (7.45%), Vitamin B6: 0.14mg (7.11%), Fiber: 1.67g (6.68%), Vitamin B1: 0.1mg (6.35%), Selenium: 4.34µg (6.2%), Vitamin C: 4.42mg (5.36%), Copper: 0.11mg (5.31%), Vitamin B5: 0.53mg (5.28%), Vitamin B3: 0.85mg (4.26%), Vitamin B12: 0.23µg (3.84%)