



Bibb Lettuce with Warm Vegetable Vinaigrette

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



40

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 heads bibb lettuce separated
- 1 small butternut squash seeded cut into 1/2-inch dice
- 1 large carrots julienned
- 10 ounces celery root peeled cut into 1/4-inch dice
- 40 servings bell pepper red crushed
- 40 servings kosher salt
- 0.8 cup olive oil extra-virgin
- 6 ounces pancetta thinly sliced

- 1 parsnips julienned
- 1 small onion red very thinly sliced
- 0.8 cup red wine vinegar
- 8 sprigs thyme leaves
- 0.5 cup water

Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven

Directions

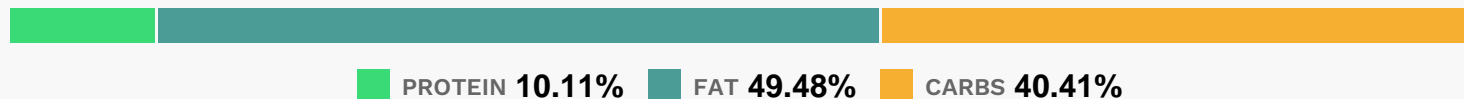
- In a medium bowl, combine the onion with 1/2 cup of the vinegar, 1 1/2 teaspoons of salt and the water.
- Let stand until the onions are lightly pickled, 3 to 4 hours.
- Drain.
- Meanwhile, preheat the oven to 40
- Line a large rimmed baking sheet with parchment paper. Arrange the pancetta on the baking sheet, cover with another sheet of parchment and another baking sheet.
- Bake for about 30 minutes, until the pancetta is browned and crisp.
- Remove the top baking sheet and parchment paper and let the pancetta cool.
- In a large skillet, heat 2 tablespoons of the olive oil.
- Add the carrot, parsnip, 4 thyme sprigs and a pinch of crushed red pepper. Season with salt and cook over high heat, stirring occasionally, until tender, about 3 minutes. Scrape the vegetables onto a plate and discard the thyme.
- Add 2 tablespoons of the olive oil to the skillet along with the squash, celery root, the remaining 4 thyme sprigs and another pinch of crushed red pepper. Season with salt and cook over high heat, stirring occasionally, until the squash and celery root are tender, 5

minutes. Discard the sprigs. Return the carrot and parsnip to the skillet. Stir in the remaining 1/4 cup of vinegar and 1/2 cup of olive oil.

Arrange the lettuce on plates. Top with the warm vegetable vinaigrette, pickled onions and crispy pancetta.

Serve right away.

Nutrition Facts



Properties

Glycemic Index:5.15, Glycemic Load:0.57, Inflammation Score:-9, Nutrition Score:6.6591304469368%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 48.8kcal (2.44%), Fat: 2.86g (4.41%), Saturated Fat: 0.74g (4.64%), Carbohydrates: 5.26g (1.75%), Net Carbohydrates: 3.66g (1.33%), Sugar: 1.13g (1.26%), Cholesterol: 2.81mg (0.94%), Sodium: 265.27mg (11.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.63%), Vitamin A: 3167.89IU (63.36%), Vitamin K: 15.17µg (14.45%), Vitamin E: 1.28mg (8.52%), Vitamin C: 6.13mg (7.43%), Manganese: 0.13mg (6.6%), Fiber: 1.6g (6.41%), Vitamin B6: 0.11mg (5.52%), Potassium: 181.4mg (5.18%), Iron: 0.74mg (4.11%), Folate: 15.69µg (3.92%), Vitamin B3: 0.76mg (3.79%), Magnesium: 14.49mg (3.62%), Phosphorus: 33.9mg (3.39%), Vitamin B1: 0.05mg (3.31%), Calcium: 25.63mg (2.56%), Copper: 0.05mg (2.51%), Vitamin B2: 0.04mg (2.35%), Selenium: 1.54µg (2.2%), Vitamin B5: 0.19mg (1.86%), Zinc: 0.24mg (1.61%)