



Bibb Salad with Basil Green Goddess Dressing

 **Gluten Free**

READY IN



10 min.

SERVINGS



6

CALORIES



363 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 teaspoons anchovy paste
- 3 heads bibb lettuce
- 1 teaspoon pepper black freshly ground
- 1 cup basil leaves fresh chopped
- 2 cloves garlic chopped
- 2 teaspoons kosher salt
- 0.3 cup juice of lemon freshly squeezed (2 lemons)

- 1 cup mayonnaise good
- 1 cup scallions white green chopped (6 to 7 scallions)
- 1 cup cup heavy whipping cream sour
- 2 to 3 tomatoes

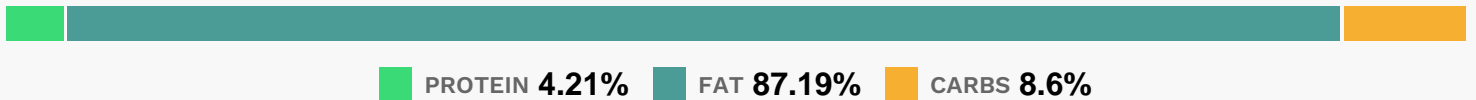
Equipment

- blender

Directions

- Place the mayonnaise, scallions, basil, lemon juice, garlic, anchovy paste, salt and pepper in a blender and blend until smooth.
- Add the sour cream and process just until blended. (If not using immediately, refrigerate the dressing until ready to serve.)
- Cut each head of lettuce into quarters, remove some of the cores, and arrange on 6 salad plates.
- Cut the tomatoes into wedges and add to the plates.
- Pour on the dressing and serve.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:0.94, Inflammation Score:-10, Nutrition Score:15.347391439521%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 362.76kcal (18.14%), Fat: 35.92g (55.25%), Saturated Fat: 8.34g (52.1%), Carbohydrates: 7.97g (2.66%), Net Carbohydrates: 5.95g (2.16%), Sugar: 4.03g (4.48%), Cholesterol: 40mg (13.33%), Sodium: 1106.8mg (48.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.8%), Vitamin K: 199.95µg (190.43%), Vitamin A: 3684.38IU (73.69%), Folate: 85.58µg (21.39%), Vitamin C: 17.08mg (20.7%), Manganese: 0.34mg (16.82%), Vitamin E: 1.95mg (12.99%), Potassium: 434.27mg (12.41%), Calcium: 102.43mg (10.24%), Iron: 1.76mg (9.76%), Vitamin B2: 0.16mg (9.22%), Phosphorus: 90.03mg (9%), Fiber: 2.02g (8.09%), Vitamin B6: 0.16mg (7.84%), Magnesium: 28.03mg (7.01%), Selenium: 4.41µg (6.3%), Vitamin B1: 0.09mg (5.99%), Vitamin B3: 1.11mg (5.56%), Copper: 0.1mg (4.84%), Vitamin B5: 0.41mg (4.15%), Zinc: 0.58mg (3.89%), Vitamin B12: 0.14µg (2.38%)