



Bibb Salad with Parmesan Butter Crostini

READY IN



170 min.

SERVINGS



6

CALORIES



226 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 baguette loaf cut into 1/ slices
- 1 head butterhead lettuce
- 1 medium fennel bulb thinly sliced
- 0.3 cup basil leaves fresh packed chopped
- 6 servings kosher salt and pepper black freshly ground
- 3 tablespoons juice of lemon fresh
- 0.3 cup mint leaves packed chopped
- 3 tablespoons olive oil extra-virgin
- 0.3 cup parmesan cheese freshly grated

4 tablespoons butter unsalted at room temperature

Equipment

bowl

baking sheet

oven

whisk

Directions

Place an oven rack in the lower 1/3 of the oven. Preheat the oven to 375 degrees F.

Arrange the bread slices in a single layer on a baking sheet.

Bake for 10 to 12 minutes until golden. In a small bowl, using a fork, mix the butter and cheese together until smooth.

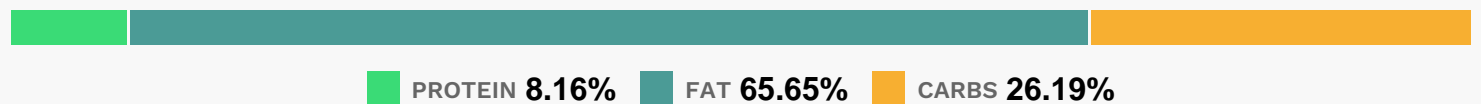
For the salad: In a small bowl, whisk together the lemon juice and oil until combined and season with salt and pepper, to taste.

Place the lettuce, fennel, basil, and mint in a salad bowl.

Pour the dressing over the salad and toss well.

Spread the Parmesan butter on the toasted bread and serve alongside the salad.

Nutrition Facts



Properties

Glycemic Index:36.46, Glycemic Load:7.64, Inflammation Score:-8, Nutrition Score:10.470434784889%

Flavonoids

Eriodictyol: 1.56mg, Eriodictyol: 1.56mg, Eriodictyol: 1.56mg, Eriodictyol: 1.56mg Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 225.73kcal (11.29%), Fat: 16.89g (25.98%), Saturated Fat: 6.79g (42.43%), Carbohydrates: 15.16g (5.05%), Net Carbohydrates: 12.94g (4.71%), Sugar: 2.97g (3.3%), Cholesterol: 24.9mg (8.3%), Sodium: 249.7mg (10.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.45%), Vitamin K: 63.57µg (60.54%), Vitamin A: 1410.85IU (28.22%), Folate: 58.54µg (14.64%), Manganese: 0.28mg (14.16%), Vitamin C: 9.62mg (11.66%), Calcium: 111.24mg (11.12%), Vitamin E: 1.61mg (10.74%), Vitamin B1: 0.15mg (9.8%), Phosphorus: 89.05mg (8.9%), Fiber: 2.21g (8.86%), Iron: 1.59mg (8.84%), Selenium: 6.07µg (8.68%), Potassium: 291.69mg (8.33%), Vitamin B2: 0.13mg (7.5%), Vitamin B3: 1.36mg (6.82%), Magnesium: 21.18mg (5.3%), Zinc: 0.59mg (3.93%), Vitamin B6: 0.08mg (3.8%), Copper: 0.07mg (3.74%), Vitamin B5: 0.26mg (2.61%), Vitamin B12: 0.09µg (1.51%), Vitamin D: 0.17µg (1.12%)