



Big Italian Salad

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



211 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 rib tender celery thinly sliced
- ☐ 0.5 cup cherry tomatoes
- ☐ 1 garlic clove smashed
- ☐ 0.3 cup olives green pitted
- ☐ 0.3 head iceberg lettuce coarsely chopped
- ☐ 2 tablespoons mayonnaise
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 teaspoon oregano dried

- ☐ 1 cup parmigiano-reggiano cheese shaved
- ☐ 8 peperoncini
- ☐ 6 servings pepper freshly ground
- ☐ 1 head of radicchio cored coarsely chopped
- ☐ 0.5 small onion red thinly sliced
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 large romaine heart chopped
- ☐ 6 servings salt

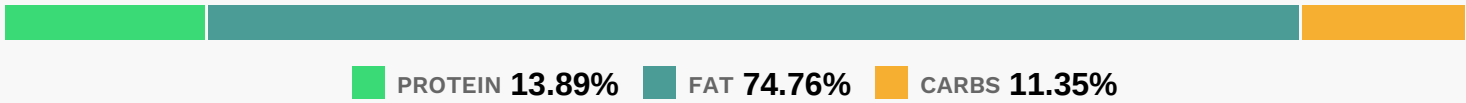
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large bowl, mash the garlic to a paste with a generous pinch of salt.
- ☐ Whisk in the mayonnaise, vinegar and oregano, then whisk in the olive oil. Season with pepper.
- ☐ Add all of the remaining ingredients and toss well.
- ☐ Serve right away.

Nutrition Facts



Properties

Glycemic Index:39.17, Glycemic Load:0.54, Inflammation Score:-8, Nutrition Score:12.687391275945%

Flavonoids

Cyanidin: 59.26mg, Cyanidin: 59.26mg, Cyanidin: 59.26mg, Cyanidin: 59.26mg Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 17.78mg, Luteolin: 17.78mg, Luteolin: 17.78mg, Luteolin: 17.78mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

0.03mg Quercetin: 17.08mg, Quercetin: 17.08mg, Quercetin: 17.08mg, Quercetin: 17.08mg

Nutrients (% of daily need)

Calories: 211.37kcal (10.57%), Fat: 17.91g (27.56%), Saturated Fat: 4.69g (29.3%), Carbohydrates: 6.12g (2.04%), Net Carbohydrates: 4.34g (1.58%), Sugar: 1.94g (2.16%), Cholesterol: 13.29mg (4.43%), Sodium: 595.38mg (25.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.49g (14.98%), Vitamin K: 145.49µg (138.56%), Vitamin C: 19.27mg (23.36%), Calcium: 225.01mg (22.5%), Vitamin E: 3mg (19.98%), Vitamin A: 797.52IU (15.95%), Phosphorus: 153.44mg (15.34%), Folate: 50.14µg (12.53%), Copper: 0.21mg (10.5%), Manganese: 0.17mg (8.7%), Potassium: 285.29mg (8.15%), Fiber: 1.78g (7.11%), Vitamin B6: 0.13mg (6.68%), Selenium: 4.6µg (6.57%), Zinc: 0.88mg (5.88%), Vitamin B2: 0.09mg (5.44%), Magnesium: 21.56mg (5.39%), Iron: 0.9mg (4.98%), Vitamin B12: 0.21µg (3.43%), Vitamin B1: 0.05mg (3.27%), Vitamin B5: 0.31mg (3.06%), Vitamin B3: 0.47mg (2.37%)