



Blooming Bibb Lettuce Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



123 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 4 heads bibb lettuce separated
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 1 tablespoon oregano finely chopped
- ☐ 4 servings pepper freshly ground
- ☐ 4 plum tomatoes diced peeled seeded finely
- ☐ 2 tablespoons red wine vinegar
- ☐ 4 servings salt

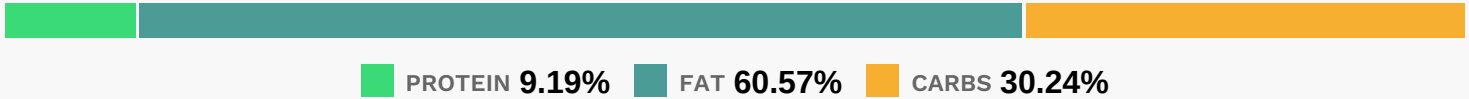
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a bowl, whisk the balsamic vinegar, red wine vinegar and oregano. Gradually whisk in the olive oil. Stir in the tomatoes and season with salt and pepper; let stand for 30 minutes.
- ☐ Stack the lettuce leaves on 4 plates to form a flower shape, using the largest leaves on the bottom and the smallest on top.
- ☐ Drizzle with the dressing, distributing the tomatoes among the stacked leaves.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:2.02, Inflammation Score:-10, Nutrition Score:17.300869620365%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 122.97kcal (6.15%), Fat: 8.64g (13.29%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 9.71g (3.24%), Net Carbohydrates: 6.61g (2.4%), Sugar: 5.6g (6.22%), Cholesterol: 0mg (0%), Sodium: 209.8mg (9.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Vitamin K: 184.46µg (175.67%), Vitamin A: 5936.83IU (118.74%), Folate: 131.27µg (32.82%), Manganese: 0.46mg (23.12%), Vitamin C: 14.59mg (17.69%), Potassium: 572.85mg (16.37%), Iron: 2.85mg (15.85%), Vitamin E: 2.02mg (13.49%), Fiber: 3.09g (12.37%), Vitamin B6: 0.2mg (9.83%), Calcium: 88.61mg (8.86%), Magnesium: 33.77mg (8.44%), Vitamin B1: 0.12mg (7.88%), Phosphorus: 74.31mg (7.43%), Vitamin B2: 0.12mg (7.04%), Vitamin B3: 1.01mg (5.05%), Copper: 0.08mg (3.85%), Zinc: 0.48mg (3.21%), Vitamin B5: 0.31mg (3.13%), Selenium: 1.04µg (1.49%)