



Boston Lettuce Salad with Herbs



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



44 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 head boston lettuce separated
- ☐ 0.5 cup flat-leaf parsley leaves
- ☐ 10 servings salt and pepper freshly ground
- ☐ 1 large scallion white green chopped
- ☐ 10 servings tiny tarragon sprigs for garnish
- ☐ 2 teaspoons tarragon coarsely chopped
- ☐ 3 tablespoons vegetable oil
- ☐ 1 tablespoon water

☐ 2 teaspoons citrus champagne vinegar

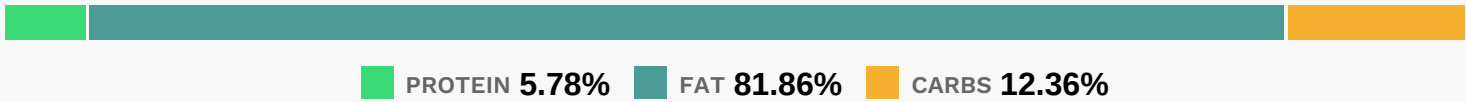
Equipment

☐ blender

Directions

- ☐ In a blender, combine the parsley, scallion, tarragon, vegetable oil, white wine vinegar and water and puree. Season the vinaigrette with salt and pepper.
- ☐ On 2 plates, decoratively stack the Boston lettuce leaves to form a flower shape, using the largest leaves on the bottom and working up to the smallest leaves.
- ☐ Drizzle the salads with the vinaigrette, garnish with the herb sprigs and serve.

Nutrition Facts



Properties

Glycemic Index:20.4, Glycemic Load:0.49, Inflammation Score:-6, Nutrition Score:6.099565109481%

Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 44.39kcal (2.22%), Fat: 4.25g (6.53%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 1.44g (0.48%), Net Carbohydrates: 1g (0.36%), Sugar: 0.24g (0.26%), Cholesterol: 0mg (0%), Sodium: 197.71mg (8.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.35%), Vitamin K: 78.55µg (74.81%), Vitamin A: 876.3IU (17.53%), Manganese: 0.15mg (7.52%), Vitamin C: 5.77mg (6.99%), Folate: 21.9µg (5.47%), Iron: 0.88mg (4.91%), Potassium: 105.02mg (3%), Calcium: 27.82mg (2.78%), Vitamin E: 0.4mg (2.66%), Vitamin B6: 0.05mg (2.57%), Magnesium: 9.04mg (2.26%), Vitamin B2: 0.03mg (1.99%), Fiber: 0.45g (1.79%), Phosphorus: 12.51mg (1.25%), Vitamin B3: 0.24mg (1.18%), Vitamin B1: 0.02mg (1.12%)