



Boston Lettuce Wedges with Zinfandel Vinaigrette and Stilton



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



218 kcal

SIDE DISH

Ingredients

- ☐ 2 large heads boston lettuce
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 tablespoon shallots finely chopped
- ☐ 3 tablespoons red-wine vinegar (preferably "O" brand)
- ☐ 0.3 cup walnut oil
- ☐ 1 cup walnut pieces toasted

Equipment

- ☐ whisk
- ☐ salad spinner

Directions

- ☐ Quarter lettuce heads lengthwise, keeping stem ends attached. Carefully wash in cold water, then dry in a salad spinner.
- ☐ Whisk together vinegar, shallot, 1/4 teaspoon salt, and 1/8 teaspoon pepper, then add oils in a slow stream, whisking until combined.
- ☐ Spoon vinaigrette over lettuce wedges, then scatter with nuts and cheese.
- ☐ · Vinaigrette can be made 1 day ahead and chilled, covered.· Nuts can be toasted 1 day ahead and cooled, then kept in an airtight container at room temperature.
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:3.9317390847465%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 217.54kcal (10.88%), Fat: 23.1g (35.54%), Saturated Fat: 2.45g (15.3%), Carbohydrates: 2.23g (0.74%), Net Carbohydrates: 1.21g (0.44%), Sugar: 0.48g (0.54%), Cholesterol: 0mg (0%), Sodium: 1.04mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Manganese: 0.51mg (25.3%), Copper: 0.23mg (11.71%), Vitamin E: 1.1mg (7.35%), Magnesium: 23.63mg (5.91%), Vitamin K: 5.75µg (5.47%), Phosphorus: 51.88mg (5.19%), Vitamin B6: 0.08mg (4.15%), Fiber: 1.02g (4.09%), Folate: 14.94µg (3.73%), Vitamin B1: 0.05mg (3.38%), Zinc: 0.46mg (3.06%), Iron: 0.51mg (2.82%), Potassium: 71.53mg (2.04%), Calcium: 15.29mg (1.53%), Vitamin B2: 0.02mg (1.31%), Selenium: 0.73µg (1.05%)