



Boston Lettuce Wedges with Zinfandel Vinaigrette and Stilton



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



268 kcal

SIDE DISH

Ingredients

- ☐ 2 large heads boston lettuce
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 tablespoon shallots finely chopped
- ☐ 0.3 pound coarsely stilton cheese with a cheese plane) crumbled shaved
- ☐ 3 tablespoons zinfandel vinegar (preferably "O" brand)
- ☐ 0.3 cup walnut oil
- ☐ 1 cup walnut pieces toasted

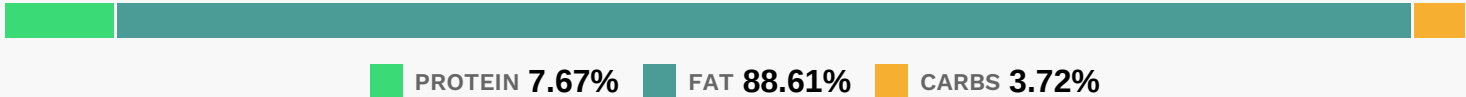
Equipment

- ☐ 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:9.63, Glycemic Load:0.35, Inflammation Score:-3, Nutrition Score:5.4978261564089%

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: 267.58kcal (13.38%), Fat: 27.17g (41.8%), Saturated Fat: 5.1g (31.87%), Carbohydrates: 2.57g (0.86%), Net Carbohydrates: 1.54g (0.56%), Sugar: 0.55g (0.61%), Cholesterol: 10.63mg (3.54%), Sodium: 164.05mg (7.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.59%), Manganese: 0.51mg (25.36%), Copper: 0.24mg (12%), Phosphorus: 106.74mg (10.67%), Calcium: 90.13mg (9.01%), Vitamin E: 1.14mg (7.59%), Magnesium: 26.89mg (6.72%), Vitamin K: 6.09µg (5.8%), Zinc: 0.84mg (5.57%), Vitamin B6: 0.11mg (5.33%), Folate: 20.04µg (5.01%), Vitamin B2: 0.08mg (4.5%), Fiber: 1.02g (4.09%), Selenium: 2.79µg (3.98%), Vitamin B1: 0.05mg (3.66%), Vitamin

B5: 0.33mg (3.32%), Potassium: 107.81mg (3.08%), Iron: 0.55mg (3.06%), Vitamin B12: 0.17µg (2.88%), Vitamin A: 119.41IU (2.39%), Vitamin B3: 0.31mg (1.56%)