



WHATShEATe



Butter Lettuce and Fresh Herbs with Maytag Blue Cheese



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



133 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 heads boston lettuce
- ☐ 0.3 cup cheese blue crumbled
- ☐ 1 bunch chervil
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 0.5 cup pears
- ☐ 0.3 teaspoon salt

- ☐ 1 tablespoon shallots finely minced
- ☐ 4 shallots diced finely
- ☐ 1 bunch tarragon
- ☐ 1 tablespoon coarse mustard

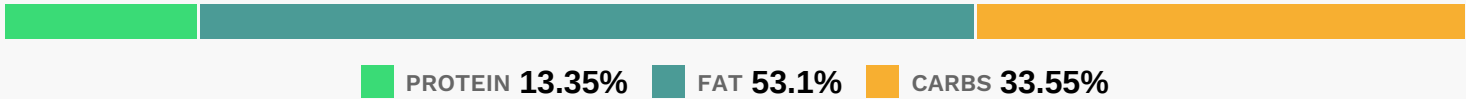
Equipment

- ☐ blender

Directions

- ☐ To make the dressing, combine the first 3 ingredients (through mustard) in a blender. Slowly add the oil in a thin stream; blend. Season with salt and pepper; set aside.
- ☐ Wash lettuce, and separate leaves. For each serving, toss 5 large leaves in 2 tablespoons dressing.
- ☐ Place leaves on plate, stacking them largest to smallest. Top with 1 tablespoon blue cheese, 1 tablespoon diced shallot, and 1 teaspoon each tarragon and chervil leaves.

Nutrition Facts



Properties

Glycemic Index:64.44, Glycemic Load:2.7, Inflammation Score:-9, Nutrition Score:14.290434672781%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 132.63kcal (6.63%), Fat: 8.41g (12.94%), Saturated Fat: 2.41g (15.05%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 8.99g (3.27%), Sugar: 4.99g (5.54%), Cholesterol: 6.33mg (2.11%), Sodium: 294.23mg (12.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.52%), Vitamin K: 88.19µg (83.99%), Vitamin A: 2974.14IU (59.48%), Manganese: 0.47mg (23.49%), Folate: 84.54µg (21.13%), Iron: 2.79mg (15.51%), Potassium: 493.34mg (14.1%), Calcium: 137.82mg (13.78%), Vitamin B6: 0.25mg (12.56%), Fiber: 2.97g (11.87%), Vitamin C: 8.1mg (9.81%), Phosphorus: 97.97mg (9.8%), Vitamin B2: 0.14mg (8.03%), Magnesium: 31.28mg (7.82%), Vitamin E: 1mg (6.63%), Vitamin B1: 0.09mg (5.84%), Selenium: 4.02µg (5.74%), Zinc: 0.8mg (5.32%), Copper: 0.08mg (4.2%), Vitamin B3: 0.77mg (3.87%), Vitamin B5: 0.37mg (3.71%), Vitamin B12: 0.1µg (1.72%)