



Butter Lettuce and Pumpkin Seed Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



123 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons apple cider vinegar
- 8 servings pepper black freshly ground
- 2 heads boston lettuce washed and torn into large pieces
- 3 medium roasted garlic
- 8 servings kosher salt
- 6 tablespoons olive oil extra virgin extra-virgin
- 0.5 cup pumpkin seeds hulled
- 2 tablespoons frangelico unsweetened

2 tablespoons frangelico unsweetened

Equipment

bowl

frying pan

blender

Directions

Toast the pumpkin seeds in a medium frying pan over medium heat until golden brown, about 5 minutes.

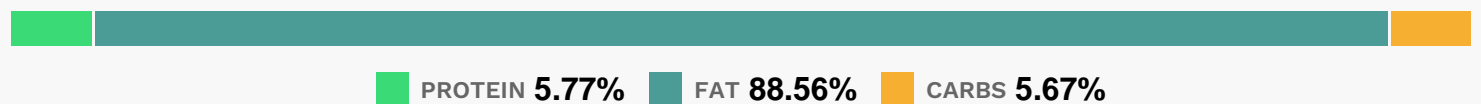
Remove from the heat and set aside.

Place the garlic, cider vinegar, apple cider or juice, and oil in a blender and blend until smooth and emulsified, about 20 seconds. Season well with salt and pepper.

Place the lettuce in a large salad bowl, add the dressing, and toss to combine.

Serve with a light pilsner, such as Czechvar, or with a British stout, like Samuel Smith's Imperial Stout. If you prefer wine, a glass of Grüner Veltliner from Austria provides just enough fleshiness to accommodate the nutty sweetness of the pumpkin seeds and apple cider in this dish. Look for more fruit-driven vinifications of this white varietal, like the 2005 H.u.M. Hofer Grüner Veltliner or the 2004 Hiedler Thal.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.15, Inflammation Score:-7, Nutrition Score:6.7152173156324%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 123.19kcal (6.16%), Fat: 12.56g (19.32%), Saturated Fat: 1.81g (11.31%), Carbohydrates: 1.81g (0.6%), Net Carbohydrates: 1.07g (0.39%), Sugar: 0.47g (0.52%), Cholesterol: 0mg (0%), Sodium: 196.72mg (8.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Vitamin K: 48.48µg (46.17%), Vitamin A: 1350.93IU (27.02%), Manganese: 0.3mg (14.8%), Vitamin E: 1.67mg (11.16%), Folate: 32.12µg (8.03%), Magnesium: 29.62mg (7.41%), Phosphorus: 64.95mg (6.49%), Iron: 0.95mg (5.3%), Potassium: 138.07mg (3.94%), Copper: 0.07mg (3.27%), Fiber: 0.74g (2.95%), Zinc: 0.41mg (2.73%), Vitamin B6: 0.05mg (2.67%), Vitamin B1: 0.04mg (2.43%), Vitamin C: 1.93mg (2.35%), Vitamin B2: 0.03mg (1.93%), Calcium: 19.07mg (1.91%), Vitamin B3: 0.35mg (1.77%), Selenium: 0.79µg (1.13%)