



Butter Lettuce Salad with Parmesan Tuiles and Almonds

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



363 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup almonds toasted sliced
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 heads boston lettuce washed and separated
- ☐ 0.3 cup canola oil
- ☐ 1 egg yolk
- ☐ 3 tablespoons juice of lemon
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 4 oz parmesan cheese finely grated (see Notes)
- ☐ 1 teaspoon whole-grain mustard

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ measuring cup

Directions

- ☐ In a food processor, pulse yolk, mustard, and lemon juice to combine.
- ☐ Mix oils in a measuring cup. With motor running, add oils to yolk mixture in a slow, steady stream. Process until oils are incorporated and dressing has emulsified.
- ☐ Transfer dressing to a bowl and stir in pepper and 1 cup parmesan. If dressing is too thick to drizzle, stir in up to 2 tbsp. warm water. Cover and refrigerate while you prepare the rest of the salad, or up to 1 day.
- ☐ Make the tuiles: Preheat oven to 35
- ☐ On a baking sheet lined with a silicone baking mat or a piece of cooking parchment, divide remaining 1 cup parmesan into 6 piles (about 2 1/2 tbsp. per pile, spaced about 2 in. apart). Using your finger, gently pat each pile into a circle with an even thickness and a diameter of about 4 in.
- ☐ Bake until golden brown, about 5 minutes. (Watch carefully, as cheese can burn easily.)
- ☐ Remove sheet from oven and let stand 1 minute, then transfer tuiles to a cooling rack or an airtight container (they'll keep for 1 day).
- ☐ Divide lettuce leaves among 6 chilled salad plates.
- ☐ Drizzle each with a generous amount of dressing.
- ☐ Sprinkle with almonds and top each salad with a tuile.
- ☐ Serve immediately.

Nutrition Facts

PROTEIN 9.51% FAT 83.42% CARBS 7.07%

Properties

Glycemic Index:12.33, Glycemic Load:0.09, Inflammation Score:-9, Nutrition Score:16.457826096079%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 362.88kcal (18.14%), Fat: 34.59g (53.21%), Saturated Fat: 6.11g (38.19%), Carbohydrates: 6.59g (2.2%), Net Carbohydrates: 4.64g (1.69%), Sugar: 1.33g (1.48%), Cholesterol: 48.84mg (16.28%), Sodium: 345.85mg (15.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.88g (17.75%), Vitamin K: 100.1µg (95.33%), Vitamin A: 2908.05IU (58.16%), Vitamin E: 6.2mg (41.37%), Calcium: 221.92mg (22.19%), Phosphorus: 197.06mg (19.71%), Manganese: 0.36mg (18.22%), Folate: 69.97µg (17.49%), Selenium: 9.4µg (13.42%), Vitamin B2: 0.22mg (13%), Magnesium: 39.19mg (9.8%), Iron: 1.56mg (8.69%), Zinc: 1.3mg (8.67%), Potassium: 299.52mg (8.56%), Fiber: 1.96g (7.82%), Vitamin C: 5.92mg (7.18%), Vitamin B6: 0.11mg (5.38%), Copper: 0.11mg (5.3%), Vitamin B12: 0.31µg (5.23%), Vitamin B1: 0.08mg (5.07%), Vitamin B5: 0.32mg (3.24%), Vitamin B3: 0.6mg (2.99%), Vitamin D: 0.26µg (1.71%)