



Butter Lettuce Salad with Walnuts and Grapes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



211 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound boston lettuce rinsed
- ☐ 0.3 cup champagne vinegar
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup tarragon fresh chopped
- ☐ 0.3 teaspoon fresh-ground pepper
- ☐ 1 cup slivered onion red rinsed drained finely
- ☐ 3 cups grapes red seedless stemmed rinsed halved
- ☐ 1 teaspoon salt

- ☐ 0.3 cup shallots minced
- ☐ 2 tablespoons sugar
- ☐ 9 oz walnut halves
- ☐ 0.3 cup walnut oil

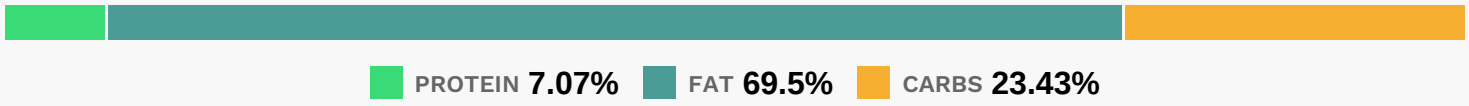
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ In a 10- by 15-inch baking pan, mix walnuts with 1 tablespoon oil, the sugar, and 1/2 teaspoon salt; spread level.
- ☐ Bake in a 350 oven, stirring occasionally, until nuts are golden brown, about 15 minutes.
- ☐ Let cool.
- ☐ In a large bowl, mix vinegar, shallots, mustard, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Slowly whisk in 1/3 cup oil until vinaigrette is emulsified.
- ☐ Add lettuce, grapes, red onion, tarragon, and sugared walnuts; mix gently to coat, adding more salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:23.36, Glycemic Load:4.7, Inflammation Score:-7, Nutrition Score:9.7182607702587%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 210.72kcal (10.54%), Fat: 17.36g (26.7%), Saturated Fat: 1.64g (10.28%), Carbohydrates: 13.17g (4.39%), Net Carbohydrates: 10.8g (3.93%), Sugar: 8.35g (9.28%), Cholesterol: 0mg (0%), Sodium: 194.2mg (8.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.95%), Manganese: 0.82mg (40.94%), Vitamin K: 39.31µg (37.44%), Vitamin A: 1138.43IU (22.77%), Copper: 0.35mg (17.66%), Folate: 48.42µg (12.1%), Magnesium: 41.73mg (10.43%), Vitamin B6: 0.2mg (10.2%), Fiber: 2.37g (9.47%), Phosphorus: 91.63mg (9.16%), Iron: 1.48mg (8.2%), Potassium: 283.01mg (8.09%), Vitamin B1: 0.12mg (7.81%), Vitamin B2: 0.09mg (5.18%), Vitamin C: 4.14mg (5.02%), Zinc: 0.74mg (4.92%), Calcium: 48.88mg (4.89%), Selenium: 2.01µg (2.87%), Vitamin B3: 0.5mg (2.48%), Vitamin B5: 0.2mg (2.02%), Vitamin E: 0.28mg (1.87%)