



Butter Lettuces with Chutney Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



158 kcal

SIDE DISH

Ingredients

- 7 ounce butter lettuce and radicchio salad blend (fresh with express riviera salad blend)
- 2 rib celery with leaves, thinly sliced diagonally
- 2 tablespoons cider vinegar
- 0.8 cup cucumber (peeled seeded thinly sliced)
- 2.5 teaspoons curry powder
- 1.5 teaspoons dijon mustard (coarse-grained)
- 0.5 cup golden raisins
- 0.5 cup mango chutney

- 0.5 cup olive oil
- 0.5 teaspoon pepper
- 1 teaspoon salt

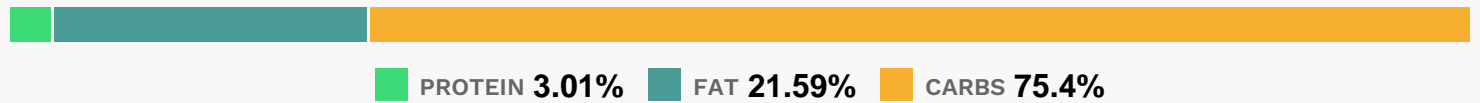
Equipment

- bowl
- whisk

Directions

- Whisk together first 6 ingredients in a small bowl; gradually whisk in oil until blended.
- Combine lettuce, celery, cucumber, and raisins in a salad bowl; toss well. Just before serving, pour desired amount of dressing over salad, and toss well. Refrigerate any remaining dressing for other uses.

Nutrition Facts



Properties

Glycemic Index:44.61, Glycemic Load:15.83, Inflammation Score:-7, Nutrition Score:6.1256522095722%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 158.36kcal (7.92%), Fat: 3.94g (6.06%), Saturated Fat: 0.55g (3.46%), Carbohydrates: 30.94g (10.31%), Net Carbohydrates: 29.29g (10.65%), Sugar: 21.5g (23.89%), Cholesterol: 0mg (0%), Sodium: 414.89mg (18.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.47%), Vitamin K: 38.84µg (36.99%), Vitamin A: 1118.91IU (22.38%), Manganese: 0.2mg (9.79%), Folate: 31.47µg (7.87%), Potassium: 234.87mg (6.71%), Fiber: 1.65g (6.61%), Iron: 1.12mg (6.21%), Vitamin C: 4.75mg (5.75%), Vitamin E: 0.82mg (5.48%), Copper: 0.1mg (5%), Vitamin B6: 0.09mg (4.57%), Vitamin B2: 0.07mg (4.29%), Phosphorus: 38.69mg (3.87%), Magnesium: 14.96mg (3.74%), Calcium: 32.24mg (3.22%), Vitamin B1: 0.03mg (2.28%), Selenium: 1.45µg (2.07%), Vitamin B3: 0.31mg (1.56%), Zinc: 0.2mg (1.31%), Vitamin B5: 0.12mg (1.19%)