



Chef's Salad



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



511 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 carrots
- ☐ 0.8 pound cherry tomatoes
- ☐ 15 ounce chick-peas canned
- ☐ 0.3 cup flat-leafed parsley leaves fresh packed
- ☐ 0.7 cup basil leaves fresh packed
- ☐ 1 small head frisée french (curly endive)
- ☐ 1 garlic clove
- ☐ 1 pound ham

☐ 3 tablespoons herbs such as thyme mixed fresh

☐ 0.5 cup olive oil

☐ 0.3 pound a piece parmigiano-reggiano

☐ 1 small head radicchio thinly

☐ 8 radishes

☐ 1 onion red

☐ 1 head the of 1 cos lettuce

☐ 0.5 teaspoon salt

☐ 3 ounce sunflower sprouts

☐ 3 tablespoons white-wine vinegar

Equipment

☐ food processor

☐ bowl

☐ blender

☐ colander

☐ peeler

Directions

☐ Shred carrots and thinly slice radishes.

☐ Cut ham into thin strips. Tear lettuces into bite-size pieces and in a bowl toss with sprouts. In a colander rinse and drain chick-peas. Salad ingredients may be prepared up to this point 4 hours ahead and chilled, covered.

☐ Halve onion lengthwise and thinly slice crosswise. In a medium bowl dissolve salt in ice water and stir in onion.

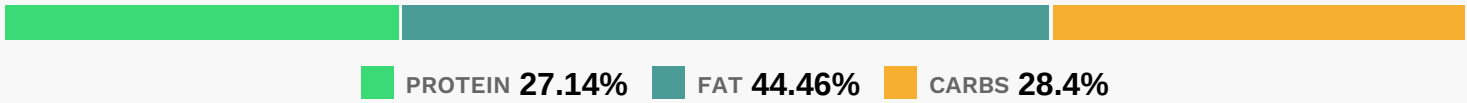
☐ Let onion stand at least 15 minutes and up to 1 hour.

☐ Chop garlic. In a blender or food processor finely chop herbs and garlic with vinegar and salt and, with motor running, add oil in a stream until blended. Dressing may be made 1 hour ahead and chilled, covered.

☐ With a vegetable peeler shave thin slices from Parmigiano-Reggiano.

Drain onion and pat dry. Halve tomatoes. In a large bowl combine all salad ingredients and toss with dressing and salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:53.76, Glycemic Load:6.29, Inflammation Score:-10, Nutrition Score:41.388260758441%

Flavonoids

Cyanidin: 31.75mg, Cyanidin: 31.75mg, Cyanidin: 31.75mg, Cyanidin: 31.75mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Pelargonidin: 3.37mg, Pelargonidin: 3.37mg, Pelargonidin: 3.37mg, Pelargonidin: 3.37mg Apigenin: 10mg, Apigenin: 10mg, Apigenin: 10mg, Apigenin: 10mg Luteolin: 10.48mg, Luteolin: 10.48mg, Luteolin: 10.48mg, Luteolin: 10.48mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 16.89mg, Quercetin: 16.89mg, Quercetin: 16.89mg, Quercetin: 16.89mg

Nutrients (% of daily need)

Calories: 511.17kcal (25.56%), Fat: 26.06g (40.1%), Saturated Fat: 9.47g (59.2%), Carbohydrates: 37.45g (12.48%), Net Carbohydrates: 25.27g (9.19%), Sugar: 10.49g (11.66%), Cholesterol: 64.01mg (21.34%), Sodium: 1585.13mg (68.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.81g (71.61%), Vitamin A: 22451.98IU (449.04%), Vitamin K: 382.88µg (364.64%), Folate: 356.71µg (89.18%), Manganese: 1.33mg (66.38%), Phosphorus: 563.82mg (56.38%), Vitamin C: 41.47mg (50.26%), Fiber: 12.18g (48.71%), Vitamin B1: 0.72mg (48.24%), Calcium: 459.59mg (45.96%), Selenium: 26.76µg (38.23%), Potassium: 1332.84mg (38.08%), Vitamin B6: 0.71mg (35.44%), Iron: 6.13mg (34.03%), Copper: 0.67mg (33.29%), Zinc: 4.43mg (29.56%), Vitamin B2: 0.47mg (27.75%), Vitamin B3: 5.41mg (27.07%), Magnesium: 107.8mg (26.95%), Vitamin E: 3.43mg (22.83%), Vitamin B5: 1.61mg (16.12%), Vitamin B12: 0.79µg (13.1%), Vitamin D: 0.66µg (4.37%)