



Chopped Italian Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



348 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup parmesan grated
- ☐ 0.3 pound pepperoni sliced chopped
- ☐ 0.3 cup pimientos drained sliced one 4-ounce jar
- ☐ 0.3 cup onion red chopped
- ☐ 1.3 pounds romaine lettuce cut into 1-inch squares 3 quarts
- ☐ 0.5 teaspoon salt

☐ 3 tablespoons white-wine vinegar

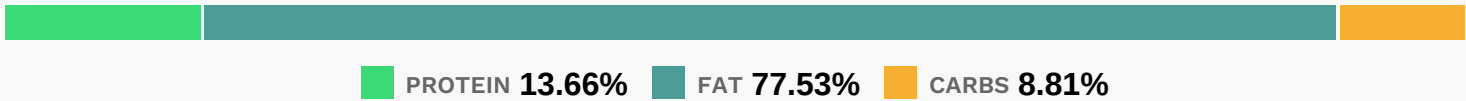
Equipment

☐ bowl

Directions

- ☐ In a large glass or stainless-steel bowl, combine the romaine, pepperoni, pimientos, onion, and the artichoke hearts or olives. Toss to combine.
- ☐ Add the vinegar, oil, salt, pepper, and Parmesan to the bowl. Toss thoroughly to combine the ingredients.
- ☐ Use chopped salami or prosciutto instead of the pepperoni.
- ☐ Add some chopped pepperoncini to spice up the salad.
- ☐ Try a cup of drained and rinsed canned chickpeas instead of the artichoke hearts.
- ☐ Diced provolone cheese would make a nice addition.
- ☐ Stir in about a third of a cup of thin-sliced basil leaves.
- ☐ Wine Recommendation: The Piedmontese drink more of their native barbera than they do any other wine because its crisp acidity and bright blackberry flavors are at home with so many dishes. Try a Barbera d'Alba with this salad and you may become a convert yourself.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:0.78, Inflammation Score:-10, Nutrition Score:22.005652033764%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

Nutrients (% of daily need)

Calories: 347.58kcal (17.38%), Fat: 30.36g (46.7%), Saturated Fat: 9g (56.27%), Carbohydrates: 7.75g (2.58%), Net Carbohydrates: 4.15g (1.51%), Sugar: 2.88g (3.2%), Cholesterol: 36mg (12%), Sodium: 954.65mg (41.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.04g (24.07%), Vitamin A: 12869.59IU (257.39%), Vitamin K: 157.16µg (149.68%), Folate: 198.74µg (49.69%), Vitamin C: 23.35mg (28.31%), Manganese: 0.44mg (22.23%), Calcium: 205.89mg (20.59%), Phosphorus: 182.39mg (18.24%), Vitamin E: 2.59mg (17.24%), Selenium: 11.71µg (16.72%), Fiber: 3.6g (14.41%), Potassium: 495.88mg (14.17%), Vitamin B6: 0.28mg (13.87%), Vitamin B2: 0.22mg (13.23%), Iron: 2.35mg (13.07%), Vitamin B1: 0.19mg (12.89%), Vitamin B3: 2.03mg (10.15%), Zinc: 1.43mg (9.51%), Vitamin B12: 0.52µg (8.64%), Magnesium: 33.57mg (8.39%), Vitamin B5: 0.61mg (6.13%), Copper: 0.12mg (5.78%), Vitamin D: 0.43µg (2.87%)