



Chopped Romaine Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



40 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 handful carrots diced shredded red chopped
- ☐ 3 tablespoons dijon mustard
- ☐ 3 tablespoons juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 1 package the of 1 cos lettuce washed

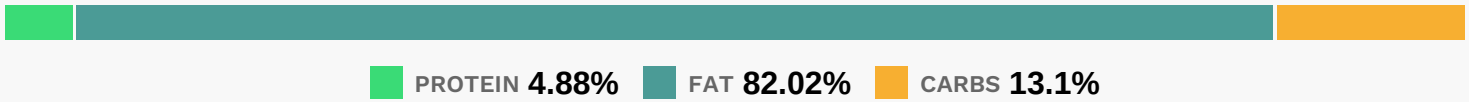
Equipment

- ☐ whisk

Directions

- ☐ Whisk together 3 tablespoons each water, Dijon mustard, and lemon juice with 1 tablespoon olive oil.
- ☐ Combine 1 package washed romaine with a handful each shredded carrots, chopped cucumber, and diced red onion; toss with dressing.

Nutrition Facts



Properties

Glycemic Index:19.71, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.4934782696807%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 40.42kcal (2.02%), Fat: 3.91g (6.01%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 1.4g (0.47%), Net Carbohydrates: 0.87g (0.32%), Sugar: 0.46g (0.51%), Cholesterol: 0mg (0%), Sodium: 124.13mg (5.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.05%), Selenium: 3.84µg (5.48%), Vitamin C: 4.42mg (5.36%), Vitamin E: 0.56mg (3.75%), Manganese: 0.05mg (2.45%), Vitamin K: 2.57µg (2.44%), Fiber: 0.53g (2.12%), Vitamin B1: 0.02mg (1.62%), Magnesium: 6.14mg (1.54%), Vitamin A: 72.2IU (1.44%), Phosphorus: 13.21mg (1.32%), Iron: 0.21mg (1.17%)