



Chopped Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



103 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup olives black such as cerignola, halved pitted
- ☐ 0.3 cup optional: dill coarsely chopped
- ☐ 1 cup cucumber english peeled cut into 1/2-inch pieces
- ☐ 0.5 cup olive oil extra virgin
- ☐ 0.3 cup flat parsley
- ☐ 0.5 cup olive green such as cerignola, halved pitted
- ☐ 2 teaspoons pepper fresh black as needed
- ☐ 1 cup haricots verts cut into 1-inch pieces

- ☐ 1 large head lettuce cut into 1/2-inch pieces, 6 to 8 cups
- ☐ 2 teaspoons kosher salt as needed
- ☐ 2 tablespoons marjoram fresh
- ☐ 0.5 cup onion red finely chopped
- ☐ 0.5 cup red wine vinegar
- ☐ 0.3 cup water

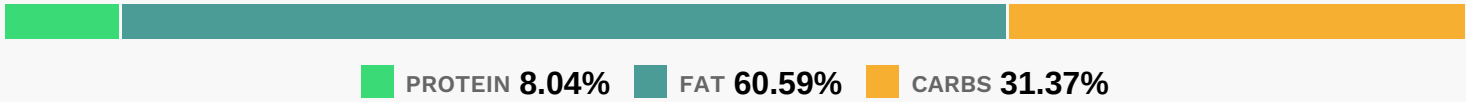
Equipment

- ☐ bowl

Directions

- ☐ In a small bowl, combine the onions, water, vinegar, salt, and pepper.
- ☐ Let sit at room temperature for 5 minutes to allow the flavors to develop.
- ☐ Add 1/2 cup of the oil to the vinegar mixture.
- ☐ Add additional to taste.
- ☐ In a large bowl, combine the lettuce, roasted peppers, olives, haricots verts, cucumber, and herbs. Toss with enough dressing to coat, and season to taste with additional salt and pepper.
- ☐ Serve any remaining dressing on the side.
- ☐ Reprinted with permission from Serious Barbecue: Smoke, Char, Baste, &
- ☐ Brush Your Way to Great Outdoor Cooking by Adam Perry Lang with JJ Goode and Amy Vogler, © 2009 Hyperion

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:1.48, Inflammation Score:-8, Nutrition Score:10.994347898856%

Flavonoids

Apigenin: 7mg, Apigenin: 7mg, Apigenin: 7mg, Apigenin: 7mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg

Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 103.12kcal (5.16%), Fat: 7.36g (11.32%), Saturated Fat: 1.01g (6.33%), Carbohydrates: 8.57g (2.86%), Net Carbohydrates: 5.2g (1.89%), Sugar: 4.08g (4.54%), Cholesterol: 0mg (0%), Sodium: 1145.98mg (49.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.4%), Vitamin K: 96.61µg (92.01%), Vitamin A: 1286.63IU (25.73%), Manganese: 0.35mg (17.69%), Vitamin C: 13.21mg (16.01%), Folate: 54.83µg (13.71%), Fiber: 3.38g (13.5%), Vitamin E: 1.72mg (11.44%), Potassium: 319.32mg (9.12%), Iron: 1.4mg (7.77%), Calcium: 60.38mg (6.04%), Magnesium: 24.17mg (6.04%), Vitamin B6: 0.12mg (5.85%), Vitamin B1: 0.09mg (5.78%), Copper: 0.1mg (5.2%), Phosphorus: 46.84mg (4.68%), Vitamin B2: 0.07mg (4.21%), Vitamin B5: 0.25mg (2.52%), Zinc: 0.37mg (2.45%), Vitamin B3: 0.46mg (2.27%)