



Chopped Salad: Winter, Spring, Summer, and Fall

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



514 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup almonds roughly chopped ()
- ☐ 4 cup baby bitter greens mixed loosely packed (such as kale and frisee)
- ☐ 0.8 pound cherry tomatoes halved ()
- ☐ 0.5 pound air chorizo dried spanish sliced into ¼-inch rounds)
- ☐ 0.3 cup grainy mustard
- ☐ 0.3 cup juice of lemon freshly squeezed
- ☐ 0.5 pound monterey jack thick sliced cut into 1-inch batons)

- ☐ 1.5 cup olive oil extra-virgin
- ☐ 2 tablespoon oregano dried to taste ()
- ☐ 6 servings salt and pepper as needed for seasoning ()
- ☐ 0.5 cup citrus champagne vinegar

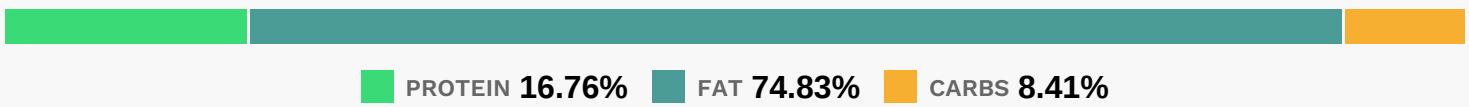
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ blender

Directions

- ☐ Combine the vinegar, lemon juice and mustard in a blender. Blend to combine. Then, with the machine running, drizzle in about ½ cup of the oil. Once it emulsifies and becomes very creamy turn off the machine and pour the mixture into a large jar.
- ☐ Add the remaining 1 cup oil and all of the oregano. Secure the lid and shake to combine. Season with salt and pepper. Re-shake just before serving. There will be more vinaigrette than you need for this recipe. The extra may be store covered and refrigerated up to 2 weeks.Set a clean dry cast iron skillet over medium-high heat. Working in batches pan fry both sides of the chorizo slices until nicely browned (about 2 minutes per side).
- ☐ Remove from pan and drain them on a paper towel lined plate. Once cooled slice them into equal sized shards. Set aside.To assemble the salad toss all remaining ingredients in a large bowl.
- ☐ Add about ½ cup (more or less to taste) of the prepared vinaigrette and gently toss. Turn the mixture out onto a large serving plate. Top with the fried chorizo slices. Season with more black pepper.Like this:Like Loading...

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.34, Inflammation Score:-9, Nutrition Score:18.416521746179%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 513.69kcal (25.68%), Fat: 43.45g (66.84%), Saturated Fat: 13.06g (81.62%), Carbohydrates: 10.99g (3.66%), Net Carbohydrates: 6.43g (2.34%), Sugar: 3.11g (3.45%), Cholesterol: 57.27mg (19.09%), Sodium: 550.83mg (23.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.89g (43.79%), Vitamin E: 8.43mg (56.19%), Manganese: 0.78mg (39.24%), Calcium: 390.98mg (39.1%), Phosphorus: 324.82mg (32.48%), Vitamin C: 23.23mg (28.16%), Vitamin B2: 0.46mg (27.18%), Magnesium: 93.48mg (23.37%), Vitamin A: 1042.43IU (20.85%), Iron: 3.38mg (18.76%), Vitamin K: 19.55µg (18.62%), Fiber: 4.56g (18.24%), Copper: 0.34mg (16.77%), Selenium: 10.46µg (14.94%), Zinc: 2.14mg (14.24%), Potassium: 429.74mg (12.28%), Folate: 41.24µg (10.31%), Vitamin B6: 0.16mg (7.89%), Vitamin B3: 1.49mg (7.46%), Vitamin B1: 0.11mg (7.2%), Vitamin B12: 0.31µg (5.23%), Vitamin B5: 0.36mg (3.56%), Vitamin D: 0.23µg (1.51%)