



Classic Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



93 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 fillet anchovy packed in oil, drained, chopped
- ☐ 0.5 cup chives minced
- ☐ 1 small garlic clove chopped
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 6 cups head of freshest-possible lettuce separated
- ☐ 0.3 cup olive oil extra-virgin ()
- ☐ 1.5 tablespoons citrus champagne vinegar

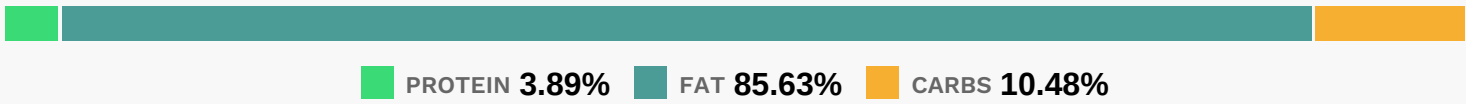
Equipment

- ☐ bowl
- ☐ wooden spoon

Directions

- ☐ Using a wooden spoon, mash garlic, anchovy, and a pinch each of salt and pepper in a large bowl. Stir in vinegar, then 1/4 cup oil. Season to taste with salt, pepper, and more oil, if desired.
- ☐ Add lettuce leaves and chives just before serving and toss to coat.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:0.49, Inflammation Score:-4, Nutrition Score:3.9934782700046%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 93.22kcal (4.66%), Fat: 9.16g (14.1%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 2.52g (0.84%), Net Carbohydrates: 1.54g (0.56%), Sugar: 1.49g (1.65%), Cholesterol: 0.4mg (0.13%), Sodium: 8.58mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.87%), Vitamin K: 30.04µg (28.61%), Vitamin A: 507.47IU (10.15%), Vitamin E: 1.44mg (9.59%), Manganese: 0.13mg (6.29%), Folate: 24.47µg (6.12%), Vitamin C: 4.13mg (5%), Fiber: 0.98g (3.93%), Potassium: 118.83mg (3.4%), Iron: 0.46mg (2.53%), Vitamin B1: 0.03mg (2.24%), Vitamin B6: 0.04mg (2.11%), Calcium: 18.67mg (1.87%), Phosphorus: 18.72mg (1.87%), Magnesium: 7.16mg (1.79%), Vitamin B2: 0.02mg (1.43%), Copper: 0.03mg (1.39%), Vitamin B3: 0.21mg (1.04%)