



 **66%**  
HEALTH SCORE

## Crunchy Italian Salad with Salami Crisps and Pita Croutons

 Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



1049 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup chickpeas drained progresso® (from 15-oz can)
- 0.5 teaspoon dijon mustard
- 0.5 clove garlic
- 2 tablespoons olive oil
- 4 olives your favorite (or )
- 0.3 teaspoon pepper
- 3 pasilla peppers sweet sliced

- 2 cups wholewheat pita breads (pocket)
- 0.3 cup onion red sliced
- 2 tablespoons red wine vinegar
- 4 cups the of 1 cos lettuce chopped
- 1 oz pecorino cheese
- 6 slices genoa salami cut into strips
- 0.5 teaspoon salt

## Equipment

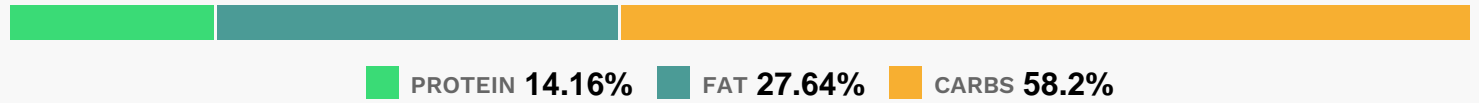
- bowl
- baking sheet
- baking paper
- oven
- grater

## Directions

- Heat oven to 400°F. Line cookie sheet with cooking parchment paper.
- Using hand-held plane grater, grate 1 clove garlic then grate Romano cheese. In large bowl, toss garlic and cheese with torn pita and 1 tablespoon olive oil to coat well.
- Spread in even layer on cookie sheet.
- Bake 15 to 20 minutes, stirring once halfway through toasting, until toasted and golden brown.
- Remove from oven; transfer Croutons to bowl. Set aside to cool. Leave oven on and parchment paper on cookie sheet.
- In jar with tight-fitting lid, place vinegar, mustard and 1/2 teaspoon olive oil. Grate 1/2 clove garlic into jar using hand-held plane grater.
- Add salt and pepper. Screw lid on jar; shake jar vigorously to combine. Set Dressing aside.
- Spread salami strips on same paper-lined cookie sheet.
- Bake about 15 minutes or until crisp.
- Remove from cookie sheet to plate; cool slightly.

Divide lettuce among 2 to 4 bowls. Divide remaining salad ingredients into bowls. Top salads with salami, croutons, dressing and additional Romano cheese.

## Nutrition Facts



### Properties

Glycemic Index:154.38, Glycemic Load:125.13, Inflammation Score:-10, Nutrition Score:43.660869669655%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 8.52mg, Luteolin: 8.52mg, Luteolin: 8.52mg, Luteolin: 8.52mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.09mg, Quercetin: 10.09mg, Quercetin: 10.09mg, Quercetin: 10.09mg

### Nutrients (% of daily need)

Calories: 1049.38kcal (52.47%), Fat: 32.18g (49.5%), Saturated Fat: 8.33g (52.09%), Carbohydrates: 152.41g (50.8%), Net Carbohydrates: 139.9g (50.87%), Sugar: 7.41g (8.23%), Cholesterol: 36.07mg (12.02%), Sodium: 2785.1mg (121.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.08g (74.15%), Vitamin C: 149.33mg (181.01%), Vitamin A: 8946.37IU (178.93%), Vitamin K: 119.75µg (114.05%), Manganese: 1.82mg (90.91%), Vitamin B1: 1.1mg (73.08%), Folate: 243.46µg (60.86%), Phosphorus: 507.6mg (50.76%), Fiber: 12.51g (50.03%), Calcium: 430.12mg (43.01%), Vitamin B3: 7.91mg (39.53%), Vitamin B6: 0.78mg (38.81%), Copper: 0.71mg (35.29%), Iron: 6.17mg (34.29%), Potassium: 1049.24mg (29.98%), Magnesium: 118.82mg (29.71%), Vitamin B2: 0.5mg (29.7%), Zinc: 4.31mg (28.75%), Vitamin E: 3.22mg (21.46%), Vitamin B5: 1.69mg (16.93%), Selenium: 10.77µg (15.38%), Vitamin B12: 0.91µg (15.25%)