



Crunchy Romaine Toss

READY IN



45 min.

SERVINGS



6

CALORIES



381 kcal

SIDE DISH

Ingredients

- 1 pound broccoli fresh coarsely chopped
- 4 green onions chopped
- 0.3 cup honey
- 0.5 cup olive oil extra-virgin
- 0.3 teaspoon pepper
- 3 ounce ramen soup mix
- 1 head romaine lettuce
- 0.3 teaspoon salt
- 0.3 cup butter unsalted

- 1 cup walnuts chopped
- 0.3 cup citrus champagne vinegar

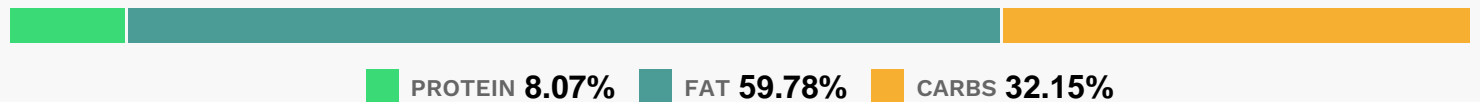
Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Remove flavor packet from soup mix, and reserve for another use. Break noodles into 1/2-inch pieces.
- Melt butter in a pan in a 350 oven.
- Add noodles and walnuts; bake, stirring occasionally, 10 minutes or until lightly browned.
- Whisk together olive oil and next 4 ingredients in a large bowl.
- Add walnut mixture, broccoli, lettuce, and green onions, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:35.88, Glycemic Load:11.52, Inflammation Score:-10, Nutrition Score:27.271304299002%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 6.06mg, Kaempferol: 6.06mg, Kaempferol: 6.06mg, Kaempferol: 6.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 380.64kcal (19.03%), Fat: 26.81g (41.25%), Saturated Fat: 7.75g (48.45%), Carbohydrates: 32.43g (10.81%), Net Carbohydrates: 26.39g (9.6%), Sugar: 15.05g (16.72%), Cholesterol: 20.34mg (6.78%), Sodium: 423.21mg

(18.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.15g (16.3%), Vitamin A: 9880.59IU (197.61%), Vitamin K: 204.91µg (195.15%), Vitamin C: 73.54mg (89.14%), Folate: 230.35µg (57.59%), Manganese: 1.1mg (54.95%), Fiber: 6.05g (24.19%), Vitamin B1: 0.35mg (23.07%), Copper: 0.44mg (21.88%), Potassium: 646mg (18.46%), Phosphorus: 172.52mg (17.25%), Magnesium: 67.3mg (16.83%), Vitamin B6: 0.34mg (16.77%), Iron: 2.97mg (16.49%), Vitamin B2: 0.24mg (14.09%), Vitamin E: 1.86mg (12.39%), Calcium: 103.32mg (10.33%), Zinc: 1.35mg (8.99%), Vitamin B3: 1.67mg (8.36%), Vitamin B5: 0.76mg (7.59%), Selenium: 4.94µg (7.06%)