



Dinner Party Salad

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



282 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 1 cup cheese blue crumbled
- ☐ 1 tablespoon butter
- ☐ 2 cloves garlic minced
- ☐ 3 tablespoons juice of lemon
- ☐ 0.5 cup olive oil
- ☐ 3 baby greens chopped
- ☐ 1 cup romano cheese grated

- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup vegetable oil
- ☐ 0.5 tablespoon distilled vinegar white

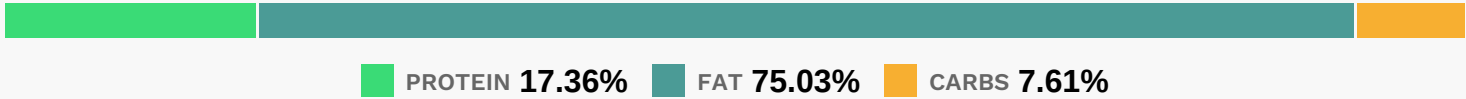
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix the olive oil, vegetable oil, lemon juice, vinegar, salt, and garlic in a bowl. Refrigerate until ready to serve.
- ☐ Melt the butter in a skillet over medium heat, and cook the almonds until lightly browned.
- ☐ In a large bowl, toss the toasted almonds, lettuce, blue cheese, and Romano cheese.
- ☐ Pour in dressing, and toss to coat.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:0.47, Inflammation Score:-10, Nutrition Score:17.082608741263%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 281.97kcal (14.1%), Fat: 24.09g (37.06%), Saturated Fat: 9.63g (60.17%), Carbohydrates: 5.5g (1.83%), Net Carbohydrates: 3.31g (1.2%), Sugar: 1.44g (1.6%), Cholesterol: 39.22mg (13.07%), Sodium: 769.38mg (33.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.55g (25.09%), Vitamin A: 5220.92IU (104.42%), Vitamin K: 67.85µg (64.62%), Calcium: 338.52mg (33.85%), Phosphorus: 270.31mg (27.03%), Folate: 91.08µg (22.77%), Vitamin E: 3.01mg (20.08%), Vitamin B2: 0.28mg (16.23%), Manganese: 0.29mg (14.36%), Magnesium: 41.39mg (10.35%), Zinc: 1.42mg (9.44%), Selenium: 6.4µg (9.14%), Fiber: 2.19g (8.75%), Potassium: 280.1mg (8%), Vitamin B12: 0.47µg (7.75%), Vitamin C: 5.47mg (6.64%), Copper: 0.12mg (6.23%), Iron: 1.08mg (5.99%), Vitamin B6: 0.12mg (5.99%), Vitamin B5: 0.59mg (5.94%), Vitamin B1: 0.07mg (4.87%), Vitamin B3: 0.71mg (3.56%), Vitamin D: 0.2µg (1.31%)