



Dinner Tonight: Shredded Romaine Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



166 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 servings feta cheese
- ☐ 4 spring onion
- ☐ 1 optional: lemon
- ☐ 0.5 cup olive oil
- ☐ 1 head the of 1 cos lettuce
- ☐ 4 servings salt

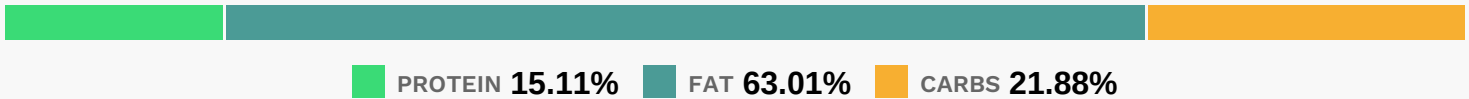
Equipment

- ☐ bowl

Directions

- ☐ Separate the romaine leaves from the heart. Wash the leaves and dry.
- ☐ Lay about four leaves on top of each other and thinly slice crosswise. Repeat with the other leaves until done. Toss in a large bowl.
- ☐ Thinly slice the green onions and add them to the romaine. Finely chop the dill.
- ☐ Add the juice of 1 lemon, and the oil until properly dressed. Top with crumbled feta.

Nutrition Facts



Properties

Glycemic Index:21.13, Glycemic Load:0.95, Inflammation Score:-10, Nutrition Score:21.017391383648%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg

Nutrients (% of daily need)

Calories: 165.51kcal (8.28%), Fat: 12.42g (19.11%), Saturated Fat: 4.81g (30.07%), Carbohydrates: 9.71g (3.24%), Net Carbohydrates: 5.36g (1.95%), Sugar: 2.82g (3.13%), Cholesterol: 26.7mg (8.9%), Sodium: 550.88mg (23.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.4%), Vitamin A: 13883.33IU (277.67%), Vitamin K: 189.04µg (180.04%), Folate: 233.09µg (58.27%), Vitamin C: 22.83mg (27.67%), Vitamin B2: 0.37mg (21.94%), Calcium: 215.38mg (21.54%), Fiber: 4.35g (17.42%), Phosphorus: 156.81mg (15.68%), Manganese: 0.28mg (13.94%), Vitamin B6: 0.27mg (13.6%), Potassium: 475.63mg (13.59%), Vitamin B1: 0.18mg (11.75%), Iron: 2.08mg (11.58%), Zinc: 1.29mg (8.58%), Vitamin B12: 0.51µg (8.45%), Magnesium: 32.17mg (8.04%), Vitamin E: 1.14mg (7.61%), Selenium: 5.31µg (7.58%), Vitamin B5: 0.57mg (5.73%), Copper: 0.1mg (5.24%), Vitamin B3: 0.88mg (4.39%)