



Frisee Salad with Roasted Garlic Dressing

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



196 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings cilantro leaves chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 pound frisée dried washed
- ☐ 8 cloves garlic peeled
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 cup olive oil
- ☐ 6 servings parmigiano-reggiano shaved

- ☐ 3 plum tomatoes quartered
- ☐ 0.5 onion red thinly sliced
- ☐ 3 tablespoons red wine vinegar
- ☐ 0.3 cup roasted garlic vinaigrette
- ☐ 6 servings salt and pepper black freshly ground

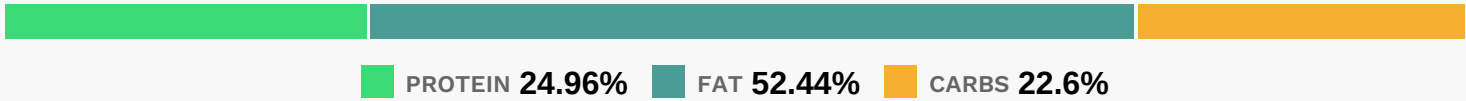
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Combine the garlic, vinegar, mustard, honey, lime juice and salt and pepper, to taste, in a blender and blend until smooth. With the motor running, slowly add the oil until emulsified.
- ☐ Place the frisee in a large bowl, add 1/4 cup of the vinaigrette, season with salt and pepper, to taste and toss to coat.
- ☐ Put the tomatoes in a bowl, add a few tablespoons of the dressing, season with salt and pepper, to taste, and toss to coat.
- ☐ Divide the frisee among 4 to 6 large plates, arrange 3 of the tomato quarters around the perimeter of each plate.
- ☐ Garnish with shaved cheese and chopped cilantro.
- ☐ Drizzle with the remaining vinaigrette and serve.

Nutrition Facts



Properties

Glycemic Index:50.05, Glycemic Load:3.19, Inflammation Score:-9, Nutrition Score:17.009565218635%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin:

0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg

Nutrients (% of daily need)

Calories: 196.26kcal (9.81%), Fat: 11.67g (17.96%), Saturated Fat: 5.48g (34.23%), Carbohydrates: 11.32g (3.77%), Net Carbohydrates: 8.92g (3.25%), Sugar: 4.76g (5.29%), Cholesterol: 20.4mg (6.8%), Sodium: 529.6mg (23.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.5g (25%), Vitamin K: 118.34µg (112.71%), Vitamin A: 2664.89IU (53.3%), Calcium: 418.84mg (41.88%), Phosphorus: 254.85mg (25.49%), Vitamin C: 17.86mg (21.64%), Manganese: 0.41mg (20.36%), Selenium: 9.17µg (13.1%), Folate: 50.94µg (12.73%), Vitamin B6: 0.23mg (11.33%), Vitamin E: 1.63mg (10.89%), Fiber: 2.4g (9.58%), Vitamin B2: 0.16mg (9.42%), Potassium: 325.28mg (9.29%), Copper: 0.18mg (8.9%), Magnesium: 33.25mg (8.31%), Zinc: 1.19mg (7.96%), Vitamin B5: 0.69mg (6.85%), Vitamin B12: 0.36µg (6%), Iron: 0.98mg (5.42%), Vitamin B1: 0.07mg (4.99%), Vitamin B3: 0.56mg (2.78%)