



Frozen Iceberg Salad with Champagne Vinegar



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



370 min.

SERVINGS



4

CALORIES



86 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons champagne vinegar
- ☐ 2 tablespoons dijon mustard
- ☐ 1 small bunch tarragon dried fresh washed chopped
- ☐ 1 large head iceberg lettuce ends trimmed
- ☐ 4 servings kosher salt
- ☐ 0.5 cup olive oil extra-virgin

Equipment

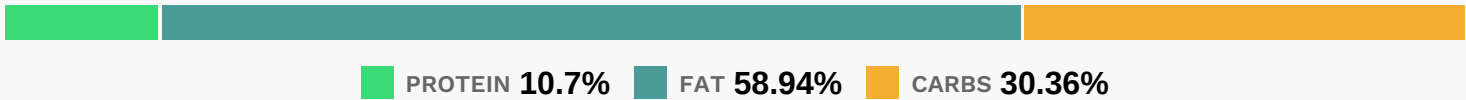
- ☐ bowl

☐ whisk

Directions

- ☐ Put the head of lettuce on a flat surface and cut in half at the equator.
- ☐ Transfer the lettuce to a small tray and put it in the freezer.
- ☐ In a medium bowl, whisk together the Dijon mustard, vinegar, and pinch of salt. Slowly whisk in the olive oil and then add the tarragon. Taste for seasoning and set aside.
- ☐ Allow the lettuce to remain in the freezer until just before serving. They can remain in there for 4 to 6 hours, if necessary. When ready to serve, transfer to a platter and drizzle each half with the dressing.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:1.69, Inflammation Score:-7, Nutrition Score:8.6291303530983%

Flavonoids

Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 86.06kcal (4.3%), Fat: 6.06g (9.33%), Saturated Fat: 0.84g (5.22%), Carbohydrates: 7.03g (2.34%), Net Carbohydrates: 4.29g (1.56%), Sugar: 3.82g (4.25%), Cholesterol: 0mg (0%), Sodium: 297.11mg (12.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.95%), Vitamin K: 48.85µg (46.53%), Manganese: 0.43mg (21.53%), Vitamin A: 1036.85IU (20.74%), Folate: 60.74µg (15.19%), Fiber: 2.74g (10.94%), Potassium: 340.81mg (9.74%), Iron: 1.6mg (8.92%), Vitamin C: 6.35mg (7.7%), Vitamin E: 1.14mg (7.62%), Vitamin B6: 0.13mg (6.63%), Vitamin B1: 0.1mg (6.44%), Calcium: 62.1mg (6.21%), Magnesium: 24.06mg (6.01%), Phosphorus: 52.71mg (5.27%), Vitamin B2: 0.08mg (4.64%), Selenium: 2.83µg (4.04%), Copper: 0.07mg (3.36%), Zinc: 0.41mg (2.75%), Vitamin B3: 0.45mg (2.27%), Vitamin B5: 0.19mg (1.94%)