



Garbage Salad and Champagne Vinaigrette

 Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



152 kcal

SALAD

Ingredients

- ☐ 2 to 4 anchovies whole packed in oil,
- ☐ 0.5 cup cheese crumbles blue
- ☐ 2 carrots peeled roughly chopped
- ☐ 1 stalk celery peeled thinly sliced
- ☐ 3 tablespoons champagne vinegar
- ☐ 4 ounces deli turkey breast sliced roughly chopped
- ☐ 1 teaspoon mustard dry
- ☐ 0.8 cup olive oil extra virgin

- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 0.5 clove garlic grated
- ☐ 0.5 head iceberg lettuce cut into bite-size pieces (6 cups)
- ☐ 6 servings kosher salt and pepper
- ☐ 1 teaspoon oregano dried
- ☐ 6 servings pepperoncini
- ☐ 0.5 head the of 1 cos lettuce cut into bite-size pieces (8 cups)
- ☐ 8 button mushrooms white chopped
- ☐ 6 servings anything else that looks tasty in the fridge: throw it in
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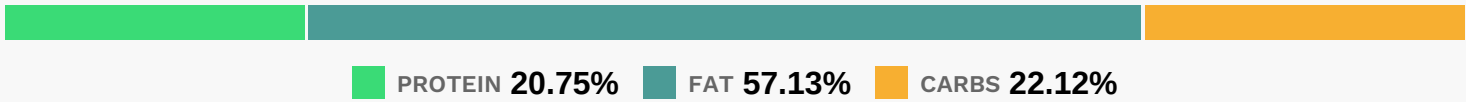
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ For the vinaigrette: In a medium bowl, whisk together the vinegar, parsley, mustard, oregano, thyme and garlic. While whisking, slowly add the olive oil. Season with salt and pepper and you're ready to rock.
- ☐ For the salad: Toss together the iceberg, romaine, mushrooms, carrots, celery, cheese and turkey in a large bowl, and place in the refrigerator until ready. Before serving, put a healthy amount of dressing, mix well and top with the anchovies and pepperoncini...you just cleaned your fridge!

Nutrition Facts



Properties

Glycemic Index:46.97, Glycemic Load:1.24, Inflammation Score:-10, Nutrition Score:19.258260747661%

Flavonoids

Apigenin: 1.71mg, Apigenin: 1.71mg, Apigenin: 1.71mg, Apigenin: 1.71mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 151.86kcal (7.59%), Fat: 10.05g (15.46%), Saturated Fat: 3.12g (19.47%), Carbohydrates: 8.75g (2.92%), Net Carbohydrates: 4.99g (1.81%), Sugar: 3.91g (4.34%), Cholesterol: 18.5mg (6.17%), Sodium: 528.54mg (22.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.21g (16.42%), Vitamin A: 8447.6IU (168.95%), Vitamin K: 88.14µg (83.95%), Vitamin C: 29.77mg (36.08%), Folate: 110.24µg (27.56%), Vitamin B3: 3.45mg (17.24%), Phosphorus: 162.96mg (16.3%), Vitamin B6: 0.33mg (16.27%), Potassium: 550.48mg (15.73%), Vitamin B2: 0.26mg (15.43%), Fiber: 3.76g (15.05%), Manganese: 0.25mg (12.74%), Selenium: 8.18µg (11.69%), Calcium: 112.28mg (11.23%), Vitamin E: 1.42mg (9.45%), Vitamin B5: 0.93mg (9.31%), Copper: 0.18mg (8.93%), Vitamin B1: 0.13mg (8.71%), Iron: 1.48mg (8.21%), Magnesium: 30.61mg (7.65%), Zinc: 1mg (6.66%), Vitamin B12: 0.23µg (3.77%)