



Garlic and Romaine Salad (Crowd Size)

 Gluten Free

READY IN



15 min.

SERVINGS



20

CALORIES



73 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 20 cups the of 1 cos lettuce
- 2 cups olives pitted ripe
- 0.5 cup juice of lemon
- 0.3 cup vegetable oil
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 4 cloves garlic finely chopped
- 1 cup croutons

0.7 cup parmesan shredded

Equipment

bowl

Directions

- Place romaine and olives in large glass or plastic bowl.
- Shake lemon juice, oil, salt, pepper and garlic in tightly covered container.
- Pour over romaine mixture; toss.
- Sprinkle with croutons and cheese.
- Serve immediately.

Nutrition Facts


PROTEIN 11.11% **FAT 68.63%** **CARBS 20.26%**

Properties

Glycemic Index:8.05, Glycemic Load:0.83, Inflammation Score:-10, Nutrition Score:9.2321739890005%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 73.19kcal (3.66%), Fat: 5.91g (9.09%), Saturated Fat: 1.28g (8.01%), Carbohydrates: 3.93g (1.31%), Net Carbohydrates: 2.37g (0.86%), Sugar: 0.82g (0.91%), Cholesterol: 2.27mg (0.76%), Sodium: 336.54mg (14.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Vitamin A: 4173.48IU (83.47%), Vitamin K: 53.52µg (50.98%), Folate: 67.78µg (16.95%), Calcium: 64.85mg (6.48%), Fiber: 1.55g (6.21%), Vitamin E: 0.82mg (5.44%), Vitamin C: 4.43mg (5.37%), Manganese: 0.1mg (4.92%), Phosphorus: 40.98mg (4.1%), Potassium: 136.05mg (3.89%), Iron: 0.63mg (3.51%), Vitamin B1: 0.05mg (3.34%), Vitamin B2: 0.05mg (2.9%), Magnesium: 10.6mg (2.65%), Vitamin B6: 0.05mg (2.64%), Selenium: 1.72µg (2.45%), Copper: 0.05mg (2.29%), Zinc: 0.23mg (1.53%), Vitamin B3: 0.28mg (1.4%), Vitamin B5: 0.1mg (1.04%)