



Green and White Salad with Blue Cheese Dressing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



58 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 ounce cheese blue crumbled
- ☐ 0.3 cup celery diced
- ☐ 0.8 cup cucumber diced
- ☐ 2 cups curly leaf lettuce chopped 1-inch
- ☐ 0.3 cup curd cottage cheese fat-free
- ☐ 1 garlic clove minced

- ☐ 0.3 cup green onions thinly sliced
- ☐ 2.5 cups iceberg lettuce chopped 1-inch
- ☐ 2 tablespoons milk 1% low-fat
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream fat-free sour

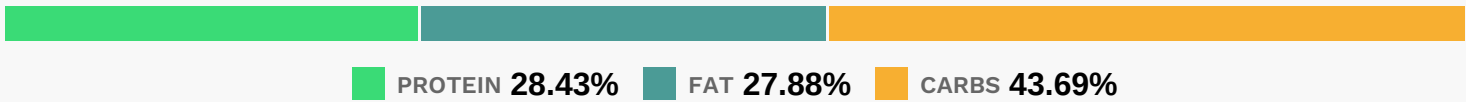
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ To prepare dressing, combine the first 7 ingredients in a food processor or blender, and process until smooth, scraping sides of bowl once.
- ☐ To prepare salad, combine lettuces, cucumber, celery, and onions in a large bowl.
- ☐ Add dressing; toss well.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:0.45, Inflammation Score:-7, Nutrition Score:6.7578260276629%

Flavonoids

Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 57.95kcal (2.9%), Fat: 1.86g (2.86%), Saturated Fat: 1.14g (7.11%), Carbohydrates: 6.55g (2.18%), Net Carbohydrates: 5.53g (2.01%), Sugar: 1.97g (2.19%), Cholesterol: 6.99mg (2.33%), Sodium: 275.82mg (11.99%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.52%), Vitamin K: 40.81µg (38.87%), Vitamin A: 1437.14IU (28.74%), Calcium: 91.75mg (9.18%), Phosphorus: 91.34mg (9.13%), Folate: 29.56µg (7.39%), Vitamin B2: 0.12mg (7.13%), Manganese: 0.13mg (6.56%), Potassium: 204.71mg (5.85%), Vitamin C: 4.31mg (5.22%), Selenium: 3.46µg (4.95%), Fiber: 1.02g (4.09%), Vitamin B12: 0.22µg (3.68%), Vitamin B6: 0.07mg (3.62%), Magnesium: 13.98mg (3.49%), Vitamin B1: 0.05mg (3.41%), Zinc: 0.47mg (3.16%), Vitamin B5: 0.31mg (3.11%), Iron: 0.46mg (2.55%), Copper: 0.05mg (2.28%), Vitamin B3: 0.26mg (1.28%), Vitamin E: 0.17mg (1.11%)