



Green Salad with Chorizo Chips



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



149 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 heads baby bibb lettuce
- ☐ 2 rib celery thinly sliced
- ☐ 6 ounces chorizo dry very thinly sliced
- ☐ 4 ounces the salad
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.8 cup olives green spanish sliced
- ☐ 8 servings pepper freshly ground
- ☐ 4 large radishes thinly sliced

- ☐ 8 servings salt
- ☐ 1 tablespoon shallots minced
- ☐ 1.5 tablespoons sherry vinegar

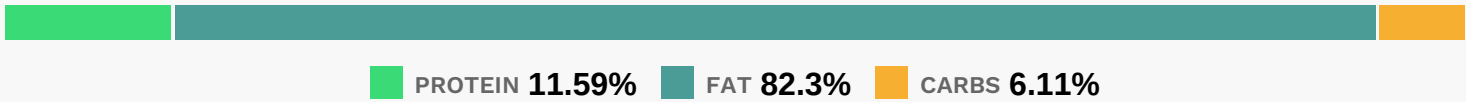
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ microwave

Directions

- ☐ Line a large microwave-safe plate with paper towels. Arrange half of the chorizo slices on the plate and cover with a paper towel. Microwave at high power for 1 minute; the fat should be rendered and the chorizo slightly browned. If it is not yet browned, cover and microwave at 20-second intervals until done.
- ☐ Transfer the cooked chorizo to a plate to cool; it will crisp as it cools. Repeat with the remaining chorizo.
- ☐ In a large bowl, whisk the vinegar and the shallots with the olive oil and a generous pinch each of salt and pepper.
- ☐ Add the celery, radishes, olives, mesclun and Bibb lettuce and toss to coat.
- ☐ Sprinkle with the chorizo chips and serve right away.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.09, Inflammation Score:-8, Nutrition Score:6.2169564988302%

Flavonoids

Pelargonidin: 2.84mg, Pelargonidin: 2.84mg, Pelargonidin: 2.84mg, Pelargonidin: 2.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin:

1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 148.78kcal (7.44%), Fat: 13.73g (21.12%), Saturated Fat: 3.1g (19.4%), Carbohydrates: 2.29g (0.76%), Net Carbohydrates: 1.29g (0.47%), Sugar: 0.64g (0.71%), Cholesterol: 13.29mg (4.43%), Sodium: 399.65mg (17.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.7%), Vitamin K: 46.23µg (44.03%), Vitamin A: 1638.37IU (32.77%), Vitamin E: 1.53mg (10.2%), Folate: 37.03µg (9.26%), Vitamin C: 5.58mg (6.77%), Iron: 1.16mg (6.44%), Manganese: 0.12mg (5.77%), Potassium: 144.52mg (4.13%), Fiber: 1.01g (4.03%), Vitamin B6: 0.06mg (2.83%), Calcium: 25.17mg (2.52%), Magnesium: 9.28mg (2.32%), Phosphorus: 21.57mg (2.16%), Vitamin B1: 0.03mg (2.11%), Vitamin B2: 0.04mg (2.09%), Copper: 0.03mg (1.7%), Vitamin B3: 0.27mg (1.35%)