



WHATSheATE



## Green Salad with Garlic Crunch



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



438 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 8 cups boston lettuce leaves packed (from 1 large head)
- ☐ 16 cherry tomatoes halved
- ☐ 2 tablespoons flat-leaf parsley leaves
- ☐ 3 large garlic cloves thinly sliced
- ☐ 5 ounces goat cheese soft
- ☐ 2 tablespoons honey
- ☐ 1 cup old-fashioned rolled oats
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 4 servings pepper freshly ground
- ☐ 2 teaspoons red wine vinegar
- ☐ 4 servings salt
- ☐ 1 scallion chopped
- ☐ 0.5 cup skim milk
- ☐ 2 teaspoons thyme leaves
- ☐ 1 tablespoon butter unsalted melted

## Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan

## Directions

- ☐ Preheat the oven to 30
- ☐ In a baking pan, toss the garlic with the oats, butter and honey and season lightly with salt.
- ☐ Spread the oats in an even layer and bake for about 25 minutes, stirring occasionally, until lightly browned.
- ☐ Spread the crunch on a plate and let cool completely, until crisp.
- ☐ Meanwhile, in a blender, combine the goat cheese, parsley, thyme, vinegar, scallion, skim milk and olive oil and blend until smooth. Scrape the dressing into a bowl and season with salt and pepper.
- ☐ In a large bowl, toss the lettuce and tomatoes with 1/2 cup of the dressing.
- ☐ Sprinkle some of the crunch over the salad and serve. Reserve the remaining dressing and crunch for another use.
- ☐ Sprinkle the garlic crunch over mashed potatoes or rice.

## Nutrition Facts



 **PROTEIN 15.33%**  **FAT 51.28%**  **CARBS 33.39%**

Properties

Glycemic Index:74.13, Glycemic Load:10.01, Inflammation Score:-10, Nutrition Score:36.894782460254%

Flavonoids

Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 13.76mg, Quercetin: 13.76mg, Quercetin: 13.76mg, Quercetin: 13.76mg

Nutrients (% of daily need)

Calories: 437.67kcal (21.88%), Fat: 26.32g (40.5%), Saturated Fat: 9.22g (57.66%), Carbohydrates: 38.56g (12.85%), Net Carbohydrates: 30.45g (11.07%), Sugar: 16.94g (18.82%), Cholesterol: 24.74mg (8.25%), Sodium: 372.48mg (16.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.71g (35.42%), Vitamin K: 534.59µg (509.13%), Vitamin A: 16766.76IU (335.34%), Folate: 371.42µg (92.85%), Manganese: 1.78mg (88.82%), Vitamin C: 38.6mg (46.79%), Iron: 8.39mg (46.6%), Potassium: 1451.39mg (41.47%), Phosphorus: 390.17mg (39.02%), Fiber: 8.11g (32.42%), Vitamin B2: 0.53mg (31.26%), Vitamin B6: 0.61mg (30.31%), Vitamin B1: 0.44mg (29.2%), Calcium: 289.03mg (28.9%), Magnesium: 109.27mg (27.32%), Copper: 0.49mg (24.49%), Vitamin E: 3.44mg (22.94%), Selenium: 11.11µg (15.87%), Zinc: 2.35mg (15.66%), Vitamin B5: 1.41mg (14.15%), Vitamin B3: 2.56mg (12.79%), Vitamin B12: 0.25µg (4.18%), Vitamin D: 0.53µg (3.54%)