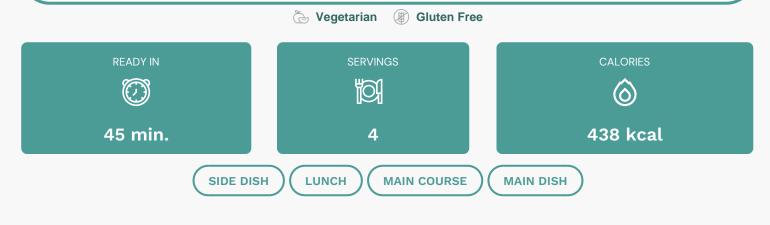


## **Green Salad with Garlic Crunch**



### **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
Eq	uipment
	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**

### **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, Kaempferol: 0.18mg, 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 %: O% (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 B1: 0.25µg (4.18%), Vitamin D: 0.53µg (3.54%)