



Green Salad with Warm Tomato Dressing

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



206 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 baguette cut into 1/2-inch cubes
- ☐ 0.5 cup cheese blue crumbled
- ☐ 1 cup grape tomatoes halved
- ☐ 1 juice of lemon
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 head red-leaf lettuce
- ☐ 1 head romaine lettuce

☐ 1 shallots thinly sliced

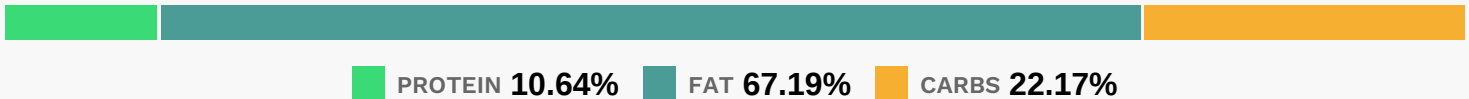
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 425 degrees F. Make the croutons: Toss the bread cubes with 1 tablespoon olive oil on a rimmed baking sheet; season with salt and pepper.
- ☐ Bake until golden, about 8 minutes.
- ☐ Heat the remaining 1/3 cup olive oil in a medium skillet over medium heat.
- ☐ Add the shallot and tomatoes and cook until softened, about 5 minutes. Stir in the lemon juice and season with salt and pepper.
- ☐ Toss the lettuce in a large bowl.
- ☐ Pour the warm dressing on top, add the croutons and gently toss. Top with the blue cheese.
- ☐ Photograph by David Malosh

Nutrition Facts



Properties

Glycemic Index:27.79, Glycemic Load:3.93, Inflammation Score:-10, Nutrition Score:18.523043399272%

Flavonoids

Cyanidin: 1.62mg, Cyanidin: 1.62mg, Cyanidin: 1.62mg, Cyanidin: 1.62mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg

Quercetin: 6.38mg, Quercetin: 6.38mg

Nutrients (% of daily need)

Calories: 205.77kcal (10.29%), Fat: 16.01g (24.62%), Saturated Fat: 3.88g (24.26%), Carbohydrates: 11.88g (3.96%), Net Carbohydrates: 8.56g (3.11%), Sugar: 3.14g (3.49%), Cholesterol: 8.44mg (2.81%), Sodium: 410.79mg (17.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.7g (11.41%), Vitamin A: 13238.98IU (264.78%), Vitamin K: 188.84µg (179.85%), Folate: 181.77µg (45.44%), Manganese: 0.36mg (17.86%), Vitamin E: 2.14mg (14.28%), Vitamin C: 11.75mg (14.24%), Potassium: 473.81mg (13.54%), Fiber: 3.32g (13.28%), Calcium: 126.33mg (12.63%), Vitamin B1: 0.18mg (12.32%), Iron: 2.21mg (12.3%), Vitamin B2: 0.19mg (11.31%), Phosphorus: 108.01mg (10.8%), Vitamin B6: 0.19mg (9.74%), Magnesium: 29.99mg (7.5%), Selenium: 4.67µg (6.67%), Vitamin B3: 1.24mg (6.2%), Zinc: 0.79mg (5.24%), Copper: 0.1mg (5.04%), Vitamin B5: 0.5mg (4.97%), Vitamin B12: 0.14µg (2.29%)