



Greens Salad with Roasted Peppers

 Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



755 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 baguette thick ()
- ☐ 3 tablespoons balsamic vinegar
- ☐ 10 calamata olives
- ☐ 2 oz salad leaves curly endive rinsed drained
- ☐ 1 clove garlic minced
- ☐ 0.3 cup fresh-grated parmesan cheese
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup mild onion red thinly sliced

- ☐ 1 cup roasted peppers red canned
- ☐ 8 servings salt
- ☐ 10 oz spinach leaves rinsed drained

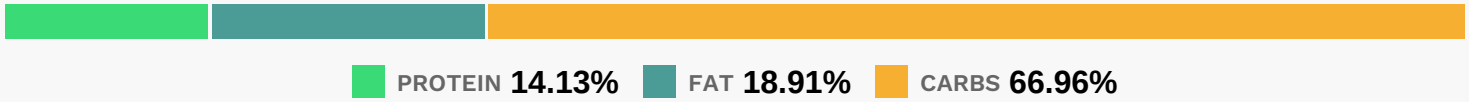
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Cut peppers into 1/4-inch-wide strips and put in a wide salad bowl.
- ☐ Add 1 teaspoon olive oil, 3 tablespoons vinegar, garlic, and olives; mix.
- ☐ Brush baguette slices lightly on 1 side with olive oil (about 1 tablespoon total).
- ☐ Lay oiled side up in a 10- by 15-inch pan.
- ☐ Bake in a 375 oven until lightly toasted, about 8 minutes; cool on a rack.
- ☐ To bowl, add onion, spinach, and frise; mix, and season to taste with more vinegar and salt.
- ☐ Heat 2 tablespoons oil in a 6- to 8-inch frying pan over high heat, about 1 minute.
- ☐ Pour over salad and mix.
- ☐ Add cheese and baguette slices; mix again.

Nutrition Facts



Properties

Glycemic Index:26.34, Glycemic Load:83.43, Inflammation Score:-10, Nutrition Score:40.026086851954%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 2.5mg, Kaempferol: 2.5mg, Kaempferol: 2.5mg, Kaempferol: 2.5mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

3.9mg

Nutrients (% of daily need)

Calories: 754.73kcal (37.74%), Fat: 15.73g (24.2%), Saturated Fat: 3.08g (19.24%), Carbohydrates: 125.34g (41.78%), Net Carbohydrates: 118.47g (43.08%), Sugar: 13.28g (14.75%), Cholesterol: 3.63mg (1.21%), Sodium: 2162.44mg (94.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.45g (52.89%), Vitamin K: 204µg (194.29%), Vitamin B1: 1.5mg (99.92%), Folate: 349.15µg (87.29%), Manganese: 1.57mg (78.37%), Vitamin A: 3875.03IU (77.5%), Selenium: 45.04µg (64.34%), Vitamin B3: 11.77mg (58.84%), Iron: 9.94mg (55.24%), Vitamin B2: 0.9mg (52.92%), Calcium: 356.06mg (35.61%), Phosphorus: 292.93mg (29.29%), Fiber: 6.87g (27.46%), Magnesium: 100.87mg (25.22%), Vitamin C: 20.65mg (25.03%), Copper: 0.41mg (20.33%), Vitamin B6: 0.39mg (19.46%), Vitamin E: 2.79mg (18.6%), Potassium: 595.75mg (17.02%), Zinc: 2.43mg (16.22%), Vitamin B5: 1.09mg (10.86%)