



Grilled Romaine Salad with Blue Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



259 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup cheese blue crumbled for garnish
- ☐ 6 fillet anchovy
- ☐ 1 teaspoon capers
- ☐ 20 basil leaves fresh washed and dried
- ☐ 6 cloves garlic peeled
- ☐ 0.5 teaspoon hot sauce such as tabasco
- ☐ 1 juice of lemon juiced
- ☐ 1 teaspoon kosher salt
- ☐ 6 servings kosher salt

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup olive oil
- ☐ 6 servings olive oil for tossing
- ☐ 3 baby greens washed and dried halved lengthwise
- ☐ 1 tablespoon sherry vinegar
- ☐ 1 tablespoon worcestershire sauce

Equipment

- ☐ bowl
- ☐ blender
- ☐ grill

Directions

- ☐ Preheat the grill to medium.
- ☐ For the dressing: In a blender, combine the lemon juice, vinegar, capers, salt and garlic. Blend until smooth.
- ☐ Add the Worcestershire, hot sauce, anchovies and 1/2 cup of the olive oil and blend until smooth. Taste for seasoning.
- ☐ Add the remaining olive oil if needed. Set aside.
- ☐ In a large bowl, toss 4 of the romaine halves in a little olive oil and season them with salt.
- ☐ Put them in a single layer on the grill and cook for 3 minutes. Turn and cook on the other side for 3 additional minutes; the romaine should feel slightly warm and tender.
- ☐ Transfer the halves to a large platter. Spoon a little dressing on each.
- ☐ On a flat surface, finely chop the rest of the romaine and add it to a medium bowl.
- ☐ Add the remaining vinaigrette, a touch of lemon juice and the basil leaves. Toss to coat the romaine.
- ☐ Top the grilled romaine with some of the chopped, dressed romaine.
- ☐ Garnish with crumbled blue cheese and serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:0.43, Inflammation Score:-10, Nutrition Score:14.363478401433%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 259.05kcal (12.95%), Fat: 24.47g (37.64%), Saturated Fat: 6.72g (41.98%), Carbohydrates: 4.5g (1.5%), Net Carbohydrates: 3.2g (1.16%), Sugar: 1.3g (1.44%), Cholesterol: 19.27mg (6.43%), Sodium: 904.86mg (39.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.19%), Vitamin A: 5169.12IU (103.38%), Vitamin K: 74.75µg (71.19%), Folate: 88.12µg (22.03%), Vitamin E: 2.72mg (18.11%), Calcium: 155.44mg (15.54%), Phosphorus: 118.89mg (11.89%), Vitamin B2: 0.14mg (8.46%), Vitamin C: 6.98mg (8.46%), Manganese: 0.16mg (8.09%), Selenium: 5.41µg (7.72%), Potassium: 260.71mg (7.45%), Vitamin B6: 0.13mg (6.41%), Iron: 1.12mg (6.22%), Zinc: 0.86mg (5.7%), Vitamin B5: 0.53mg (5.26%), Fiber: 1.3g (5.22%), Vitamin B3: 1.03mg (5.15%), Vitamin B12: 0.3µg (4.99%), Magnesium: 17.39mg (4.35%), Vitamin B1: 0.06mg (3.99%), Copper: 0.07mg (3.38%)