



Hazelnut Herb Salad

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



154 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 heads bibb lettuce
- 0.3 tsp pepper black freshly ground
- 1 bunch chives
- 0.3 teaspoon mustard dry
- 1 egg yolk
- 1 Leaves from 3 sprigs flat-leaf parsley
- 0.3 cup hazelnut oil
- 1 cup hazelnuts

- 1 tablespoon juice of lemon fresh
- 0.3 cup olive oil
- 0.8 tsp salt divided
- 1 Leaves from 5 sprigs tarragon

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- whisk
- blender
- kitchen towels

Directions

- Preheat oven to 37
- Put hazelnuts on a baking sheet and bake 10 minutes. Wrap nuts in a clean kitchen towel and rub vigorously to remove as much skin as possible. Roughly chop nuts and set aside.
- Fill a medium saucepan with water and bring to a boil.
- Add 1/2 tsp. salt, chives, tarragon, and parsley. Cook 30 seconds; drain. Rinse herbs with very cold water and use your hands to squeeze out as much water from them as possible. Chop herbs and put in a blender.
- Add oils and whirl until herbs are pured, 2 to 3 minutes.
- In a small bowl, whisk egg yolk and mustard together.
- Add a drop of the herb-oil mixture and whisk until fully incorporated. Repeat with the remaining herb-oil mixture, adding only 1/2 tsp. at a time to create a thick, mayonnaise-like dressing.
- Whisk in remaining 1/4 tsp. salt, the lemon juice, and pepper.
- Add more salt and pepper to taste if you like.

Tear lettuce leaves into bite-size pieces and put in a large bowl. Toss gently but thoroughly with dressing.

Garnish with reserved hazelnuts and serve immediately.

Nutrition Facts

PROTEIN 5.83% **FAT 87.11%** **CARBS 7.06%**

Properties

Glycemic Index:16.17, Glycemic Load:0.16, Inflammation Score:-7, Nutrition Score:9.4082607834235%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 154.02kcal (7.7%), Fat: 15.64g (24.06%), Saturated Fat: 1.56g (9.77%), Carbohydrates: 2.85g (0.95%), Net Carbohydrates: 1.39g (0.51%), Sugar: 0.87g (0.96%), Cholesterol: 16.2mg (5.4%), Sodium: 148.37mg (6.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.71%), Vitamin K: 47.97µg (45.69%), Manganese: 0.71mg (35.57%), Vitamin E: 4.41mg (29.4%), Vitamin A: 1401.42IU (28.03%), Folate: 44.45µg (11.11%), Copper: 0.18mg (9.12%), Iron: 1.11mg (6.17%), Vitamin B1: 0.09mg (6.1%), Fiber: 1.46g (5.84%), Magnesium: 22.68mg (5.67%), Vitamin B6: 0.1mg (5%), Potassium: 174.82mg (4.99%), Phosphorus: 49.52mg (4.95%), Vitamin C: 3mg (3.64%), Calcium: 30.23mg (3.02%), Vitamin B2: 0.05mg (2.78%), Zinc: 0.37mg (2.49%), Selenium: 1.42µg (2.04%), Vitamin B5: 0.2mg (2.02%), Vitamin B3: 0.35mg (1.73%)