



Hearts of Romaine Finger Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



54 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 0.3 cup italian* low-moisture mozzarella-parmesan cheese blend shredded kraft
- 0.3 cup planters pecan halves toasted
- 1 medium pepper red
- 2 hearts of romaine lettuce

Equipment

- bowl
- cookie cutter

Directions

- Separate lettuce leaves; arrange on 2 large plates.
- Sprinkle evenly with the pecans.
- Cut peppers into heart shapes, using a small cookie cutter.
- Add cutouts to each salad; sprinkle with cheese. (Reserve pepper trimmings for another use.)
- Pour dressing evenly into 2 small bowls.
- Serve 1 with each salad. Dip lettuce into dressing to serve.

Nutrition Facts

PROTEIN 9.22% **FAT 74.21%** **CARBS 16.57%**

Properties

Glycemic Index:4.2, Glycemic Load:0.16, Inflammation Score:-9, Nutrition Score:6.1591303614171%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 54.09kcal (2.7%), Fat: 4.63g (7.12%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 2.32g (0.77%), Net Carbohydrates: 1.36g (0.5%), Sugar: 1.11g (1.24%), Cholesterol: 1.84mg (0.61%), Sodium: 75.13mg (3.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.58%), Vitamin A: 2359.53IU (47.19%), Vitamin K: 23.87µg (22.73%), Vitamin C: 16.16mg (19.59%), Folate: 37.49µg (9.37%), Manganese: 0.16mg (8%), Fiber: 0.96g (3.85%), Phosphorus: 31.79mg (3.18%), Calcium: 30.19mg (3.02%), Vitamin B6: 0.06mg (2.95%), Potassium: 94.36mg (2.7%), Vitamin B1: 0.04mg (2.65%), Vitamin B2: 0.04mg (2.27%), Copper: 0.04mg (2.18%), Magnesium: 8.35mg (2.09%), Zinc: 0.3mg (1.97%), Iron: 0.34mg (1.88%), Vitamin E: 0.27mg (1.78%), Selenium: 0.95µg (1.36%), Vitamin B3: 0.22mg (1.1%)