



## Hearts of Romaine, Palm and Artichoke with Citrus Dijon Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



197 kcal

SIDE DISH

### Ingredients

- 0.3 cup almonds toasted sliced
- 15 ounce artichoke hearts in water drained quartered canned
- 2 teaspoons dijon mustard
- 15 ounce hearts of palm drained sliced canned
- 1 juice of lemon juiced
- 0.3 cup olive oil extra-virgin
- 0.3 cup orange marmalade

- 2 hearts romaine lettuce chopped
- 8 servings salt and pepper black freshly ground

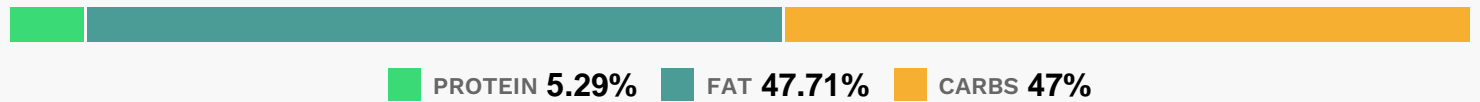
## Equipment

- whisk

## Directions

- Arrange romaine lettuce, hearts of palm and artichokes on large platter.
- Combine the marmalade with lemon juice, mustard, season with salt and pepper and whisk in the olive oil slowly.
- Pour dressing evenly over salad when ready to serve.
- Garnish with toasted sliced almonds.

## Nutrition Facts



## Properties

Glycemic Index:9.25, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:8.3091304341088%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 197.23kcal (9.86%), Fat: 10.62g (16.33%), Saturated Fat: 1.38g (8.65%), Carbohydrates: 23.53g (7.84%), Net Carbohydrates: 21.25g (7.73%), Sugar: 15.85g (17.61%), Cholesterol: 0mg (0%), Sodium: 223.88mg (9.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.29%), Potassium: 1009.21mg (28.83%), Vitamin B6: 0.44mg (22.22%), Copper: 0.39mg (19.36%), Vitamin E: 2.32mg (15.49%), Zinc: 2.1mg (14.02%), Vitamin A: 653.73IU

(13.07%), Vitamin K: 12.78µg (12.17%), Phosphorus: 92.55mg (9.26%), Fiber: 2.28g (9.13%), Vitamin B2: 0.14mg (8.07%), Vitamin C: 6.47mg (7.84%), Iron: 1.17mg (6.5%), Folate: 25.3µg (6.32%), Manganese: 0.1mg (4.85%), Magnesium: 15.25mg (3.81%), Vitamin B3: 0.62mg (3.11%), Vitamin B1: 0.04mg (2.76%), Calcium: 24.96mg (2.5%), Selenium: 1.01µg (1.45%)