



Hearts of Romaine Salad with Walnut-Champagne Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



95 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup champagne vinegar
- 2 tablespoons flat-leaf parsley fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 0.3 cup olive oil extra-virgin
- 0.5 teaspoon pepper freshly ground
- 4 baby greens
- 0.8 teaspoon salt

- 2 tablespoons shallots minced (1 large)
- 0.5 cup walnuts toasted chopped

Equipment

- whisk

Directions

- Whisk together first 7 ingredients.
- Remove lower 3" of romaine stems. Arrange leaves on a large serving platter.
- Drizzle evenly with Walnut-Champagne Vinaigrette.
- Sprinkle with walnuts.
- Make Ahead: You can make Walnut-Champagne Vinaigrette up to 2 days ahead.
- *You can find washed, ready-to-serve romaine hearts at most grocery stores.

Nutrition Facts

PROTEIN 5.3% **FAT 84.81%** **CARBS 9.89%**

Properties

Glycemic Index:13.25, Glycemic Load:0.18, Inflammation Score:-10, Nutrition Score:8.5182608314182%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 94.83kcal (4.74%), Fat: 9.31g (14.32%), Saturated Fat: 1.15g (7.17%), Carbohydrates: 2.44g (0.81%), Net Carbohydrates: 1.15g (0.42%), Sugar: 0.71g (0.79%), Cholesterol: 0mg (0%), Sodium: 149.75mg (6.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Vitamin A: 3366.14IU (67.32%), Vitamin K: 53.44µg (50.89%), Folate: 57.86µg (14.47%), Manganese: 0.25mg (12.74%), Vitamin E: 0.95mg (6.36%), Fiber: 1.3g (5.18%), Copper: 0.1mg (5.16%), Vitamin C: 3.56mg (4.31%), Iron: 0.74mg (4.13%), Magnesium: 15mg (3.75%), Potassium: 131.13mg (3.75%), Vitamin B6: 0.06mg (3.13%), Phosphorus: 30.84mg (3.08%), Vitamin B1: 0.05mg (3.05%), Calcium: 22.02mg (2.2%), Vitamin B2: 0.04mg (2.14%), Zinc: 0.26mg (1.77%)