



HEALTH SCORE

60%

Hearts of Romaine with Roasted Peppers and Cabrales Dressing



Vegetarian



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



8

CALORIES



88 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons chives fresh chopped
- ☐ 3 hearts of romaine separated
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 2 poblano chiles fresh
- ☐ 2 bell peppers red

☐ 3 ounces cabrales blue grated

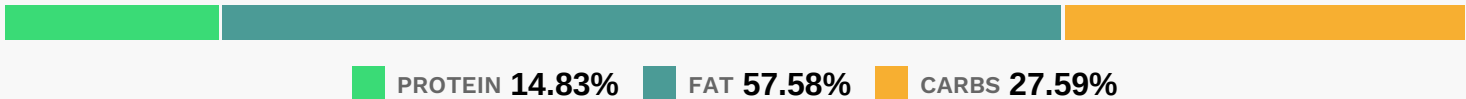
Equipment

- ☐ bowl
- ☐ whisk
- ☐ tongs
- ☐ broiler pan

Directions

- ☐ Lay chiles and bell peppers on their sides on racks of gas burners and turn flame on high. (Or broil on rack of a broiler pan about 2 inches from heat.) Roast, turning with tongs, until skins are blackened, 5 to 8 minutes.
- ☐ Transfer to a bowl, then cover and let steam 10 minutes. Peel, seed, and cut into thin strips.
- ☐ Whisk together dressing ingredients in a large bowl.
- ☐ Dip each romaine leaf in dressing to coat, shaking off excess, and arrange on a platter. Toss pepper strips in remaining dressing and scatter over romaine.
- ☐ · Peppers can be roasted 1 day ahead and chilled, covered.· You can make dressing 1 day ahead and chill, covered. Bring to room temperature before using.

Nutrition Facts



Properties

Glycemic Index:14.88, Glycemic Load:0.55, Inflammation Score:-10, Nutrition Score:15.756956301306%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 88.34kcal (4.42%), Fat: 6.08g (9.36%), Saturated Fat: 2.43g (15.21%), Carbohydrates: 6.56g (2.19%), Net Carbohydrates: 3.95g (1.44%), Sugar: 2.76g (3.06%), Cholesterol: 7.97mg (2.66%), Sodium: 128.32mg (5.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.05%), Vitamin A: 4872.48IU (97.45%), Vitamin C: 67.18mg (81.43%), Vitamin K: 58.4µg (55.62%), Folate: 82.88µg (20.72%), Vitamin B6: 0.22mg (11.01%), Fiber: 2.61g (10.44%), Manganese: 0.2mg (10.16%), Calcium: 97.26mg (9.73%), Vitamin E: 1.3mg (8.68%), Potassium: 276.51mg (7.9%), Phosphorus: 71.24mg (7.12%), Vitamin B2: 0.11mg (6.56%), Iron: 1.17mg (6.5%), Magnesium: 19.42mg (4.85%), Vitamin B1: 0.07mg (4.8%), Vitamin B5: 0.39mg (3.94%), Vitamin B3: 0.75mg (3.76%), Zinc: 0.54mg (3.59%), Copper: 0.06mg (3.05%), Selenium: 1.81µg (2.59%), Vitamin B12: 0.13µg (2.16%)