



Hearts of Romaine with Roquefort and Toasted Pecans



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 hearts of romaine quartered
- ☐ 0.5 cup mayonnaise
- ☐ 4 ounces pecan halves toasted coarsely chopped
- ☐ 0.3 teaspoon pepper sauce hot
- ☐ 0.5 cup yogurt plain
- ☐ 3 cups roquefort cheese crumbled
- ☐ 0.3 cup water

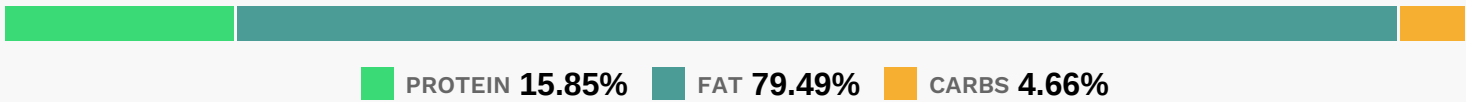
Equipment

☐ whisk

Directions

- ☐ Blend 6 ounces cheese, mayonnaise, and yogurt in processor.
- ☐ Add 1/4 cup water and hot pepper sauce; blend until smooth. Season with salt and pepper. (Can be made 1 day ahead. Cover; chill.
- ☐ Whisk before using.)
- ☐ Arrange lettuce on large platter.
- ☐ Drizzle dressing over lettuce.
- ☐ Sprinkle with pecans and remaining cheese and serve.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:0.72, Inflammation Score:-10, Nutrition Score:23.540434921565%

Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 539.49kcal (26.97%), Fat: 48.53g (74.66%), Saturated Fat: 19.95g (124.67%), Carbohydrates: 6.4g (2.13%), Net Carbohydrates: 3.85g (1.4%), Sugar: 2.03g (2.26%), Cholesterol: 87.72mg (29.24%), Sodium: 1709.09mg (74.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.77g (43.54%), Vitamin A: 5882.45IU (117.65%), Vitamin K: 81.26µg (77.39%), Calcium: 635.78mg (63.58%), Phosphorus: 421.5mg (42.15%), Manganese: 0.75mg (37.69%), Vitamin B2: 0.6mg (35.33%), Folate: 125.21µg (31.3%), Selenium: 14.29µg (20.41%), Vitamin B5: 1.82mg

(18.22%), Zinc: 2.73mg (18.2%), Magnesium: 53.74mg (13.43%), Vitamin B1: 0.18mg (11.71%), Copper: 0.23mg (11.63%), Vitamin B12: 0.64µg (10.69%), Fiber: 2.55g (10.19%), Vitamin B6: 0.19mg (9.39%), Potassium: 305.12mg (8.72%), Iron: 1.44mg (8.01%), Vitamin B3: 1.01mg (5.03%), Vitamin E: 0.74mg (4.94%), Vitamin C: 2.59mg (3.13%)