



Herbed Romaine Salad with Strawberries



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



242 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounces mild feta cheese cut into triangles (see Notes)
- ☐ 0.3 cup mint leaves fresh
- ☐ 0.3 cup tarragon fresh
- ☐ 2 teaspoons honey
- ☐ 0.3 cup juice of lemon fresh
- ☐ 3 tablespoons mild olive oil
- ☐ 10 oz romaine lettuce hearts cored roughly chopped
- ☐ 0.1 teaspoon salt

- ☐ 2 teaspoons shallots minced (1 medium)
- ☐ 12 ounces strawberries hulled quartered
- ☐ 0.5 cup pistachios raw unsalted ()

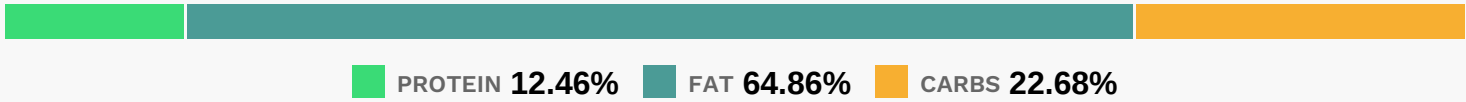
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 35
- ☐ Spread pistachios on a large baking sheet and bake until very lightly toasted (they should still retain some green), 8 to 10 minutes.
- ☐ Remove from oven and cool to room temperature.
- ☐ In a large bowl, toss together lettuce, tarragon, mint, and half of the strawberries. In a small bowl, whisk together lemon juice, shallot, honey, and salt.
- ☐ Drizzle in olive oil, whisking constantly, until mixture is emulsified.
- ☐ Drizzle dressing over lettuce mixture and toss well.
- ☐ Divide lettuce mixture among plates, then top with remaining strawberries, toasted pistachios, and feta triangles.

Nutrition Facts



Properties

Glycemic Index:36.55, Glycemic Load:3.46, Inflammation Score:-10, Nutrition Score:19.763912916183%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin:

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Nutrients (% of daily need)

Calories: 241.73kcal (12.09%), Fat: 18.36g (28.24%), Saturated Fat: 5.41g (33.78%), Carbohydrates: 14.44g (4.81%), Net Carbohydrates: 10.79g (3.92%), Sugar: 6.35g (7.06%), Cholesterol: 25.23mg (8.41%), Sodium: 379.54mg (16.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.94g (15.87%), Vitamin A: 4494.23IU (89.88%), Vitamin K: 55.76µg (53.11%), Vitamin C: 41.75mg (50.6%), Manganese: 0.69mg (34.39%), Folate: 105.09µg (26.27%), Calcium: 214.84mg (21.48%), Vitamin B2: 0.35mg (20.85%), Vitamin B6: 0.38mg (18.78%), Phosphorus: 183.39mg (18.34%), Fiber: 3.65g (14.59%), Iron: 2.4mg (13.31%), Potassium: 438.34mg (12.52%), Vitamin B1: 0.17mg (11.63%), Copper: 0.22mg (11.08%), Magnesium: 43.17mg (10.79%), Vitamin E: 1.52mg (10.15%), Zinc: 1.4mg (9.3%), Selenium: 5.85µg (8.36%), Vitamin B12: 0.48µg (7.99%), Vitamin B3: 1.1mg (5.49%), Vitamin B5: 0.49mg (4.9%)