




 **67%**
HEALTH SCORE

Italian Chopped Salad with Salami Crisps


 Very Healthy

READY IN




45 min.

SERVINGS



2

CALORIES



1230 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup chickpeas drained (from 15-oz can)
- 0.5 teaspoon dijon mustard
- 0.5 clove garlic
- 1 clove garlic
- 1 tablespoon olive oil
- 2 tablespoons olive oil
- 4 olives your favorite (or)
- 0.3 teaspoon pepper

- 3 pasilla peppers sweet sliced
- 2 cups wholewheat pita breads (pocket)
- 0.3 cup onion red sliced
- 2 tablespoons red wine vinegar
- 4 cups the of 1 cos lettuce chopped
- 1 oz pecorino cheese
- 2 servings pecorino cheese grated
- 6 slices genoa salami cut into strips
- 0.5 teaspoon salt

Equipment

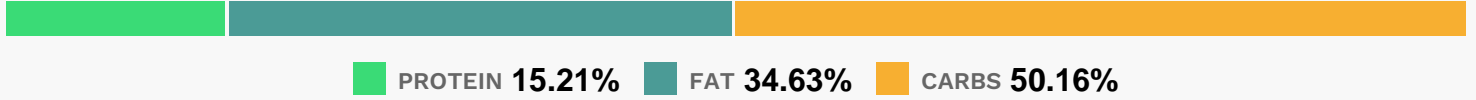
- bowl
- baking sheet
- baking paper
- oven
- grater

Directions

- Heat oven to 400F. Line cookie sheet with cooking parchment paper.
- Using hand-held plane grater, grate 1 clove garlic then grate Romano cheese. In large bowl, toss garlic and cheese with torn pita and 1 tablespoon olive oil to coat well.
- Spread in even layer on cookie sheet.
- Bake 15 to 20 minutes, stirring once halfway through toasting, until toasted and golden brown.
- Remove from oven; transfer Croutons to bowl. Set aside to cool. Leave oven on and parchment paper on cookie sheet.
- In jar with tight-fitting lid, place vinegar, mustard and 1/2 teaspoon olive oil. Grate 1/2 clove garlic into jar using hand-held plane grater.
- Add salt and pepper. Screw lid on jar; shake jar vigorously to combine. Set Dressing aside.
- Spread salami strips on same paper-lined cookie sheet.

- Bake about 15 minutes or until crisp.
- Remove from cookie sheet to plate; cool slightly.
- Divide lettuce among 2 to 4 bowls. Divide remaining salad ingredients into bowls. Top salads with salami, croutons, dressing and additional Romano cheese.

Nutrition Facts



Properties

Glycemic Index:182.88, Glycemic Load:125.56, Inflammation Score:-10, Nutrition Score:48.040434826975%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 8.53mg, Luteolin: 8.53mg, Luteolin: 8.53mg, Luteolin: 8.53mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.11mg, Quercetin: 10.11mg, Quercetin: 10.11mg, Quercetin: 10.11mg

Nutrients (% of daily need)

Calories: 1229.6kcal (61.48%), Fat: 47.27g (72.72%), Saturated Fat: 14.44g (90.23%), Carbohydrates: 154g (51.33%), Net Carbohydrates: 141.46g (51.44%), Sugar: 7.64g (8.49%), Cholesterol: 67.27mg (22.42%), Sodium: 3145.49mg (136.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.71g (93.42%), Vitamin C: 149.8mg (181.58%), Vitamin A: 9071.01IU (181.42%), Vitamin K: 124.65µg (118.72%), Manganese: 1.85mg (92.46%), Calcium: 752.11mg (75.21%), Vitamin B1: 1.11mg (74.02%), Phosphorus: 737.9mg (73.79%), Folate: 245.6µg (61.4%), Fiber: 12.54g (50.16%), Vitamin B6: 0.82mg (41.02%), Vitamin B3: 7.94mg (39.7%), Vitamin B2: 0.62mg (36.33%), Copper: 0.72mg (35.97%), Iron: 6.47mg (35.93%), Zinc: 5.1mg (34.02%), Magnesium: 131.5mg (32.87%), Potassium: 1081.13mg (30.89%), Vitamin E: 4.3mg (28.65%), Selenium: 15.33µg (21.9%), Vitamin B12: 1.25µg (20.85%), Vitamin B5: 1.83mg (18.29%), Vitamin D: 0.22µg (1.47%)