



## Italian Romaine Salad

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



112 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 medium optional: lemon
- 2 cloves garlic powder
- 2 tablespoons vegetable oil
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 1 large bunch the of 1 cos lettuce
- 1 small onion red
- 1 cup kalamata olives pitted ripe

- 6 oz marinated artichoke undrained
- 0.5 cup croutons
- 0.3 cup parmesan shredded




## Equipment

- bowl
- paper towels
- kitchen towels
- tongs

## Directions

- Roll each lemon on the countertop with the palm of your hand, using gentle pressure (this will help release the juices).
- Cut 1 lemon in half; squeeze juice from each half. Use enough lemons until you have 1/4 cup lemon juice. Peel and finely chop the garlic. In a tightly covered jar or container, shake lemon juice, garlic, oil, salt and pepper.
- Remove any limp outer leaves from the romaine and discard. Break remaining leaves off the core; rinse with cool water. Shake off excess water and blot to dry, or roll up the leaves in a clean kitchen towel or paper towel to dry. Tear the leaves into bite-size pieces. You will need about 10 cups of romaine pieces.
- Peel the onion; slice onion and separate into rings.
- In a large glass or plastic bowl, place the romaine, onion, olives and artichoke hearts (with liquid). Shake the vinaigrette again to mix ingredients.
- Pour vinaigrette over the salad ingredients, and toss with 2 large spoons or salad tongs until evenly coated.
- Sprinkle the croutons and cheese over the salad.
- Serve immediately.

## Nutrition Facts

 PROTEIN 8.43%  FAT 70.93%  CARBS 20.64%

## Properties

Glycemic Index:23.56, Glycemic Load:1.48, Inflammation Score:-4, Nutrition Score:3.344782607063%

## Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

## Nutrients (% of daily need)

Calories: 112.3kcal (5.61%), Fat: 9.15g (14.08%), Saturated Fat: 1.8g (11.24%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 4.26g (1.55%), Sugar: 1.27g (1.41%), Cholesterol: 2.83mg (0.94%), Sodium: 497.55mg (21.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Vitamin C: 12.65mg (15.33%), Calcium: 71.02mg (7.1%), Fiber: 1.73g (6.92%), Vitamin A: 325.96IU (6.52%), Vitamin K: 6.85µg (6.52%), Vitamin E: 0.96mg (6.37%), Phosphorus: 39.07mg (3.91%), Selenium: 1.98µg (2.83%), Iron: 0.48mg (2.66%), Manganese: 0.04mg (2.14%), Vitamin B6: 0.04mg (2.06%), Vitamin B1: 0.03mg (1.99%), Folate: 7.67µg (1.92%), Copper: 0.04mg (1.86%), Magnesium: 7.04mg (1.76%), Potassium: 56.09mg (1.6%), Vitamin B2: 0.03mg (1.59%), Zinc: 0.18mg (1.19%)