



Italian Romaine Salad

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



108 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup croutons
- ☐ 2 cloves garlic powder
- ☐ 6 oz marinated artichoke undrained
- ☐ 1 cup kalamata olives pitted ripe
- ☐ 0.3 cup parmesan shredded
- ☐ 0.3 teaspoon pepper
- ☐ 1 small onion red
- ☐ 1 large bunch the of 1 cos lettuce

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons vegetable oil

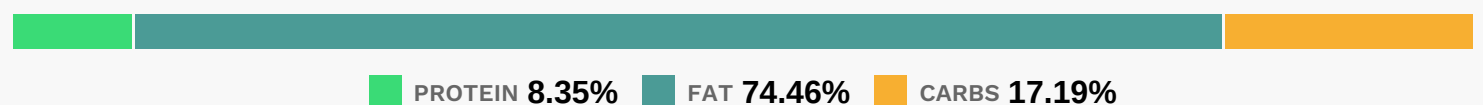
Equipment

- ☐ 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



Properties

Glycemic Index:20.38, Glycemic Load:1.26, Inflammation Score:-3, Nutrition Score:2.7130434597316%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 108.38kcal (5.42%), Fat: 9.11g (14.02%), Saturated Fat: 1.79g (11.21%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 3.38g (1.23%), Sugar: 0.93g (1.03%), Cholesterol: 2.83mg (0.94%), Sodium: 497.28mg (21.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.6%), Calcium: 67.51mg (6.75%), Vitamin C: 5.49mg (6.66%), Vitamin K: 6.85µg (6.52%), Vitamin A: 322.99IU (6.46%), Vitamin E: 0.94mg (6.24%), Fiber: 1.35g (5.41%), Phosphorus: 36.91mg (3.69%), Selenium: 1.92µg (2.75%), Iron: 0.4mg (2.21%), Manganese: 0.04mg (1.94%), Vitamin B1: 0.02mg (1.63%), Copper: 0.03mg (1.61%), Folate: 6.18µg (1.55%), Vitamin B6: 0.03mg (1.52%), Magnesium: 5.96mg (1.49%), Vitamin B2: 0.02mg (1.43%), Zinc: 0.17mg (1.13%), Potassium: 37.46mg (1.07%)