



Korean-Style Romaine



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



79 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon garlic chopped
- ☐ 0.5 teaspoon ginger grated peeled
- ☐ 0.3 teaspoon pepper hot
- ☐ 1 the of 1 cos lettuce
- ☐ 1 tablespoon sesame oil
- ☐ 1 teaspoon sesame seed with side of a heavy knife crushed toasted
- ☐ 1 tablespoon soya sauce
- ☐ 2 teaspoons water

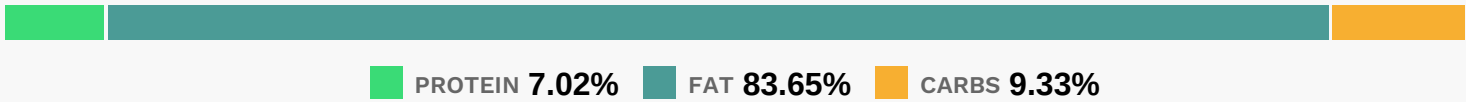
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cut romaine crosswise into 2-inch pieces and put in a bowl.
- ☐ Cook garlic, ginger, and red-pepper flakes in sesame oil in a small heavy skillet over medium-low heat, stirring, until garlic begins to sizzle, about 30 seconds. Stir in soy sauce and water and bring to a boil.
- ☐ Pour hot dressing over romaine and toss to coat.
- ☐ Sprinkle with sesame seeds. Marinate, stirring occasionally, at least 30 minutes.
- ☐ Romaine can be made 1 day ahead and chilled. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:0.26, Inflammation Score:-7, Nutrition Score:3.6973912793657%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 78.73kcal (3.94%), Fat: 7.59g (11.68%), Saturated Fat: 1.08g (6.74%), Carbohydrates: 1.91g (0.64%), Net Carbohydrates: 1.29g (0.47%), Sugar: 0.36g (0.4%), Cholesterol: 0mg (0%), Sodium: 508.64mg (22.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.87%), Vitamin A: 1293.75IU (25.88%), Vitamin K: 15.59µg (14.85%), Manganese: 0.12mg (6.08%), Folate: 21.8µg (5.45%), Copper: 0.07mg (3.43%), Iron: 0.57mg (3.15%), Vitamin B6: 0.06mg (3.04%), Phosphorus: 25.41mg (2.54%), Magnesium: 10.08mg (2.52%), Fiber: 0.61g (2.45%), Vitamin B3: 0.49mg (2.44%), Potassium: 71.31mg (2.04%), Calcium: 19.94mg (1.99%), Vitamin B1: 0.03mg (1.8%), Vitamin B2: 0.03mg (1.75%), Vitamin E: 0.22mg (1.44%), Vitamin C: 1.05mg (1.28%), Zinc: 0.18mg (1.19%), Selenium: 0.74µg (1.06%)