



Leafy No-Lettuce Salad



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



326 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup bay leaves assorted packed () (such as anise hyssop, tarragon, and mint)
- ☐ 4 ounces cheese blue crumbled
- ☐ 1.5 cups chervil
- ☐ 6 servings pepper black freshly ground
- ☐ 8 cups the salad mixed (such as purslane, mâche, baby kale, watercress, and tatsoi)
- ☐ 0.3 cup juice of lemon fresh
- ☐ 3 nectarines pitted halved thinly sliced
- ☐ 0.3 cup olive oil ()

☐ 2 tablespoons shallots minced

Equipment

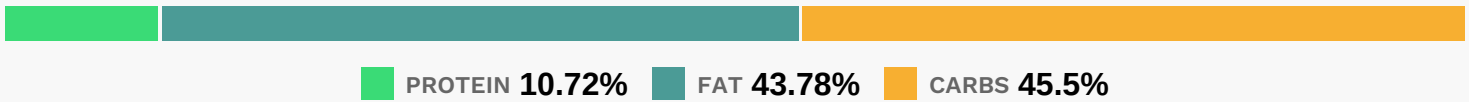
☐ bowl

☐ whisk

Directions

- ☐ Mix lemon juice and shallot in a small bowl and season with salt and pepper.
- ☐ Let macerate for 30 minutes.
- ☐ Whisk in 1/4 cup oil and season to taste with salt and pepper.
- ☐ Whisk in more oil if dressing is too tart.
- ☐ Arrange nectarine slices on a serving platter. Scatter almonds and blue cheese over.
- ☐ Combine all greens and herbs in a large bowl.
- ☐ Add dressing to coat (amount needed will vary depending on greens used). Season to taste with salt and pepper. Toss greens and arrange over nectarine mixture.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:2.61, Inflammation Score:-10, Nutrition Score:28.927826015846%

Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 325.62kcal (16.28%), Fat: 18.23g (28.05%), Saturated Fat: 5.7g (35.61%), Carbohydrates: 42.63g (14.21%), Net Carbohydrates: 30.33g (11.03%), Sugar: 6.22g (6.91%), Cholesterol: 14.17mg (4.72%), Sodium: 255.4mg (11.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.04g (20.09%), Manganese: 3.49mg (174.69%), Iron: 19.67mg

(109.27%), Vitamin A: 3791.53IU (75.83%), Calcium: 523.5mg (52.35%), Fiber: 12.3g (49.22%), Vitamin C: 40.09mg (48.6%), Vitamin B6: 0.85mg (42.62%), Folate: 122.08µg (30.52%), Potassium: 760.99mg (21.74%), Vitamin B2: 0.33mg (19.35%), Phosphorus: 188.06mg (18.81%), Zinc: 2.79mg (18.62%), Magnesium: 73.53mg (18.38%), Copper: 0.29mg (14.49%), Vitamin B3: 2.43mg (12.13%), Vitamin E: 1.79mg (11.96%), Selenium: 5.94µg (8.49%), Vitamin K: 7.48µg (7.13%), Vitamin B5: 0.55mg (5.47%), Vitamin B1: 0.08mg (5.16%), Vitamin B12: 0.23µg (3.84%)