



Lettuce, Basil, and Cucumber Salad with Goat Cheese

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



129 kcal

SIDE DISH

Ingredients

- ☐ 5 persian cucumbers or english cut into chunks
- ☐ 4 oz basil leaves fresh loosely packed
- ☐ 5 small heads little gem* lettuce
- ☐ 10 ounce goat cheese fresh
- ☐ 1.3 tsp kosher salt divided
- ☐ 2 tbsp juice of lemon
- ☐ 0.8 cup olive oil extra-virgin divided

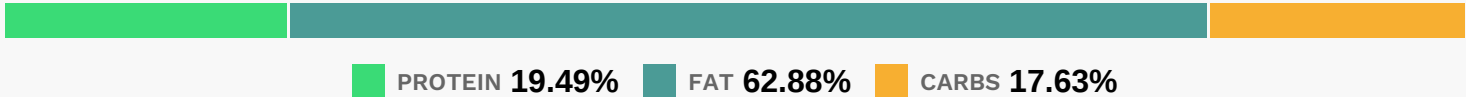
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Put 3/4 cup oil in a blender, add a few basil leaves, and pulse to blend. Continue pulsing as you add more leaves and 1 small ice cube (it helps move the leaves around); blend until mixture is smooth. Season with about 1 tsp. salt.
- ☐ Put cucumbers and lettuce in a large bowl, add 5 to 6 tbsp. oil and the lemon juice, and toss to coat evenly. Season with about 1/4 tsp. salt and toss again.
- ☐ Spread basil pure on plates or a large platter, top with greens and cucumbers, and crumble goat cheese on top.
- ☐ Serve right away.
- ☐ *Find Little Gem lettuce, a mini romaine, at farmers' markets.
- ☐ Make ahead: For basil pure and lettuce, up to 1 day, chilled; bring basil pure to room temperature.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.08, Inflammation Score:-7, Nutrition Score:9.8213044404984%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 129.34kcal (6.47%), Fat: 9.46g (14.56%), Saturated Fat: 4.64g (29%), Carbohydrates: 5.97g (1.99%), Net Carbohydrates: 5.02g (1.82%), Sugar: 2.87g (3.19%), Cholesterol: 13.04mg (4.35%), Sodium: 398.6mg (17.33%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.6g (13.2%), Vitamin K: 74.63µg (71.08%), Vitamin A: 1092.26IU (21.85%), Copper: 0.31mg (15.68%), Manganese: 0.28mg (13.95%), Phosphorus: 115.32mg (11.53%), Vitamin B2: 0.17mg (9.8%), Vitamin C: 7.42mg (9%), Calcium: 84.32mg (8.43%), Magnesium: 31.55mg (7.89%), Potassium: 265.74mg (7.59%), Vitamin B6: 0.15mg (7.51%), Iron: 1.35mg (7.48%), Vitamin B5: 0.61mg (6.1%), Folate: 22.89µg (5.72%), Vitamin E: 0.66mg (4.39%), Zinc: 0.66mg (4.37%), Vitamin B1: 0.07mg (4.35%), Fiber: 0.95g (3.8%), Vitamin B3: 0.38mg (1.88%), Selenium: 1.28µg (1.83%)