



Lettuce Hearts with Shaved Hazelnuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



87 kcal

SIDE DISH

Ingredients

- ☐ 1 cup flat parsley mixed
- ☐ 4 heads boston lettuce
- ☐ 5 hazelnuts
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons juice of lemon fresh ()
- ☐ 0.5 cup vegetable oil

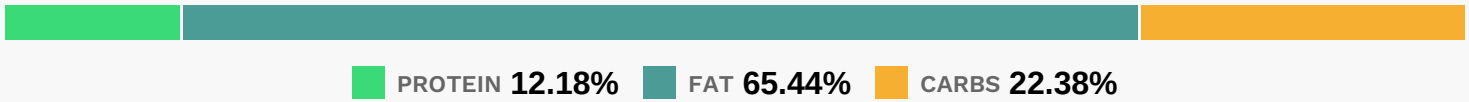
Equipment

- ☐ whisk

Directions

- ☐ Whisk oil and 2 tablespoons lemon juice in a medium bowl to blend. Season vinaigrette with salt and more lemon juice, if desired.
- ☐ Arrange lettuce on a serving platter; spoon vinaigrette over and garnish with herbs. Finely grate hazelnuts over.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.16, Inflammation Score:-10, Nutrition Score:17.533043457114%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 87.41kcal (4.37%), Fat: 7.01g (10.78%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 5.39g (1.8%), Net Carbohydrates: 2.91g (1.06%), Sugar: 1.92g (2.14%), Cholesterol: 0mg (0%), Sodium: 210.41mg (9.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.87%), Vitamin K: 423.02µg (402.88%), Vitamin A: 6662.96IU (133.26%), Folate: 145.27µg (36.32%), Vitamin C: 28.99mg (35.14%), Manganese: 0.43mg (21.26%), Iron: 3.04mg (16.9%), Potassium: 490.7mg (14.02%), Fiber: 2.48g (9.92%), Calcium: 80.32mg (8.03%), Vitamin B6: 0.16mg (8.02%), Magnesium: 32mg (8%), Vitamin B1: 0.12mg (7.92%), Vitamin E: 1.13mg (7.5%), Vitamin B2: 0.12mg (6.99%), Phosphorus: 68.17mg (6.82%), Vitamin B3: 0.82mg (4.08%), Copper: 0.08mg (3.99%), Zinc: 0.53mg (3.56%), Vitamin B5: 0.33mg (3.3%), Selenium: 1.04µg (1.49%)