



Little Gem Lettuce Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



244 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 servings pepper black freshly ground
- 1 medium blood oranges
- 1 pound boston lettuce
- 0.5 cup canola oil
- 0.3 cup champagne vinegar
- 2 tablespoons tarragon fresh
- 1 medium ruby grapefruit red
- 3 tablespoons honey

- 6 servings kosher salt
- 2 medium mandarin orange segments
- 0.5 cup olive oil extra virgin extra-virgin
- 0.3 cup parsley fresh italian
- 0.5 pomegranate
- 0.5 cup walnuts whole toasted

Equipment

- bowl
- baking sheet
- paper towels
- blender
- wooden spoon

Directions

- Place all of the measured ingredients in a blender, season with salt and pepper, and blend to combine; set aside. For the salad: Line a baking sheet with paper towels and set it aside. Fill a large bowl with cold water.
- Remove any loose outer leaves from the lettuce and trim the root ends, leaving enough to hold the leaves together. Hold the lettuce heads by the root end and dip them into the cold water several times, shaking gently as you lift to remove any dirt.
- Cut each head in half through the root end (or, if you're using butter lettuce, into 4 wedges) and place them cut-side down on the prepared baking sheet; set aside. To remove the seeds from the pomegranate, hold it cut-side down in your hand over a medium bowl and hit the back of it with a wooden spoon to release the seeds.
- Add cold water to the bowl to cover the seeds and let the membranes float to the top.
- Place the lettuce wedges cut-side up in a large bowl.
- Drizzle 2 tablespoons of the dressing over the wedges and season with salt and pepper. Using your hands, toss gently to coat.
- Transfer the wedges to a serving platter. Artfully scatter the pomegranate seeds, citrus segments (leave any juices behind in the bowl), and walnuts over the lettuce. Artfully drizzle

another tablespoon of the dressing over the salad.

Sprinkle the parsley and tarragon leaves evenly over the salad and season with salt and pepper.

Serve with the remaining dressing on the side.

Nutrition Facts



PROTEIN 6.6% **FAT 49.82%** **CARBS 43.58%**

Properties

Glycemic Index:63.8, Glycemic Load:10.96, Inflammation Score:-10, Nutrition Score:18.933043293331%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 8.43mg, Hesperetin: 8.43mg, Hesperetin: 8.43mg, Hesperetin: 8.43mg Naringenin: 20.21mg, Naringenin: 20.21mg, Naringenin: 20.21mg, Naringenin: 20.21mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg

Nutrients (% of daily need)

Calories: 244.13kcal (12.21%), Fat: 14.5g (22.31%), Saturated Fat: 1.49g (9.32%), Carbohydrates: 28.54g (9.51%), Net Carbohydrates: 24.08g (8.76%), Sugar: 20.92g (23.24%), Cholesterol: 0mg (0%), Sodium: 203.48mg (8.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.64%), Vitamin K: 127.45µg (121.38%), Vitamin A: 3554.48IU (71.09%), Vitamin C: 42.69mg (51.75%), Manganese: 0.74mg (37%), Folate: 100.88µg (25.22%), Fiber: 4.46g (17.84%), Potassium: 520.55mg (14.87%), Iron: 2.44mg (13.53%), Copper: 0.27mg (13.31%), Vitamin B6: 0.25mg (12.59%), Magnesium: 47.86mg (11.96%), Vitamin E: 1.69mg (11.27%), Vitamin B1: 0.15mg (10.3%), Calcium: 99.39mg (9.94%), Phosphorus: 94.14mg (9.41%), Vitamin B2: 0.14mg (8.49%), Vitamin B5: 0.51mg (5.06%), Zinc: 0.75mg (4.98%), Vitamin B3: 0.96mg (4.81%), Selenium: 1.42µg (2.04%)