



Little Gem Salad with Lemon Vinaigrette



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



56 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon champagne vinegar
- ☐ 30 servings kosher salt
- ☐ 0.3 cup juice of lemon fresh
- ☐ 4 heads little gem lettuce
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.3 cup pecorino romano cheese freshly grated plus more for serving
- ☐ 30 servings pepper freshly ground
- ☐ 3 onion red separated thin

- ☐ 1 small shallots minced
- ☐ 1 cup walnut halves
- ☐ 1 tablespoon walnut oil
- ☐ 4 ounces baby squash yellow thinly sliced

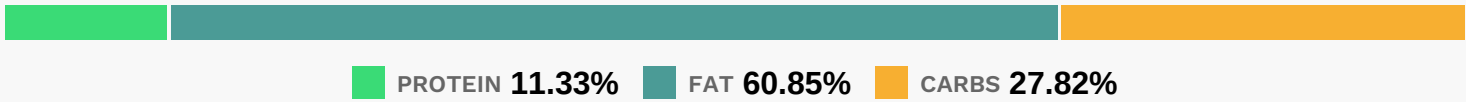
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 35
- ☐ Toast the walnuts on a pie plate until golden, 12 minutes.
- ☐ Let cool, then coarsely chop the nuts.
- ☐ Transfer to a bowl and toss with the walnut oil and a pinch of salt. In a small bowl, combine the shallot, lemon juice and vinegar and season with salt.
- ☐ Let stand for 10 minutes. Slowly whisk in the olive oil and season with pepper.
- ☐ In a large bowl, toss the squash with the onion, lettuce, walnuts, pecorino and half of the dressing and serve. Reserve the remaining dressing for another use.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:0.77, Inflammation Score:-4, Nutrition Score:4.0778260670764%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol:

0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 55.68kcal (2.78%), Fat: 4.08g (6.28%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 4.2g (1.4%), Net Carbohydrates: 2.79g (1.01%), Sugar: 2.19g (2.43%), Cholesterol: 0.87mg (0.29%), Sodium: 211.76mg (9.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Vitamin K: 18.27µg (17.4%), Manganese: 0.26mg (13.01%), Vitamin A: 373.49IU (7.47%), Folate: 28.61µg (7.15%), Fiber: 1.41g (5.64%), Vitamin C: 4.38mg (5.3%), Copper: 0.09mg (4.45%), Potassium: 151.66mg (4.33%), Phosphorus: 39.69mg (3.97%), Vitamin B6: 0.08mg (3.87%), Magnesium: 13.77mg (3.44%), Vitamin B1: 0.05mg (3.4%), Calcium: 29.75mg (2.98%), Iron: 0.48mg (2.67%), Vitamin B2: 0.04mg (2.11%), Zinc: 0.29mg (1.9%), Vitamin E: 0.28mg (1.84%), Vitamin B5: 0.12mg (1.17%)