



HEALTH SCORE

60%

Mesclun and Romaine Salad with Warm Parmesan Toasts



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



97 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 ounce bread baguette french
- ☐ 1 pint cherry tomatoes halved
- ☐ 0.3 teaspoon dijon mustard
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 3 tablespoons basil fresh chopped
- ☐ 3 tablespoons parsley fresh chopped

- ☐ 0.3 cup thinly onion red vertically sliced
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 3 cups torn romaine lettuce
- ☐ 3 cups gourmet salad greens
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons shallots minced
- ☐ 1 tablespoon sherry vinegar

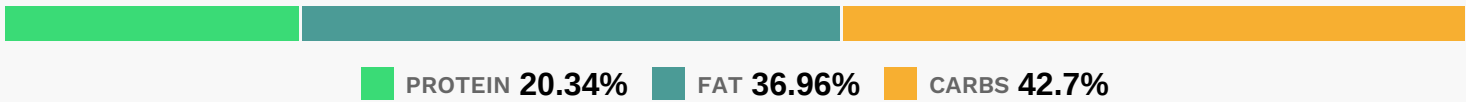
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ To prepare toasts, arrange the bread slices on a baking sheet. Broil 1 minute or until lightly browned. Turn bread over; sprinkle each slice with 1 1/2 teaspoons cheese. Broil 1 minute or until cheese begins to melt.
- ☐ To prepare vinaigrette, combine the shallots and vinegar in a small bowl; let stand 5 minutes.
- ☐ Add oil, salt, mustard, and pepper; stir well with a whisk.
- ☐ To prepare salad, place salad greens and remaining ingredients in a large bowl; toss gently to combine.
- ☐ Drizzle vinaigrette over salad, and toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:82.63, Glycemic Load:1.94, Inflammation Score:-10, Nutrition Score:16.873043510577%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 97.27kcal (4.86%), Fat: 4.23g (6.51%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 11.01g (3.67%), Net Carbohydrates: 8.88g (3.23%), Sugar: 4.44g (4.93%), Cholesterol: 4.82mg (1.61%), Sodium: 310.38mg (13.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.48%), Vitamin K: 96.4µg (91.81%), Vitamin A: 4377.69IU (87.55%), Vitamin C: 40.76mg (49.41%), Folate: 88.49µg (22.12%), Manganese: 0.3mg (15.19%), Potassium: 462.37mg (13.21%), Calcium: 126.06mg (12.61%), Phosphorus: 117.52mg (11.75%), Iron: 1.89mg (10.48%), Vitamin B6: 0.19mg (9.42%), Fiber: 2.13g (8.51%), Vitamin B1: 0.12mg (7.75%), Copper: 0.15mg (7.42%), Vitamin E: 1.06mg (7.06%), Magnesium: 28.05mg (7.01%), Vitamin B2: 0.11mg (6.55%), Vitamin B3: 1.17mg (5.86%), Selenium: 3.69µg (5.27%), Zinc: 0.63mg (4.18%), Vitamin B5: 0.33mg (3.26%), Vitamin B12: 0.09µg (1.42%)