



Mixed Lettuce Chiffonade with Gorgonzola-Herb Dressing

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



167 kcal

SIDE DISH

Ingredients

- ☐ 2 belgian endive trimmed thinly sliced lengthwise
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup buttermilk well-shaken
- ☐ 0.3 cup chives fresh finely chopped
- ☐ 0.3 cup parsley fresh
- ☐ 3 cups salad leaves curly endive
- ☐ 0.3 cup cheese blue soft

- ☐ 0.3 cup mayonnaise
- ☐ 3 cups radicchio thinly thinly sliced lengthwise quartered
- ☐ 5 cups the of 1 cos lettuce thinly sliced
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup cream sour
- ☐ 1 tablespoon vinegar white

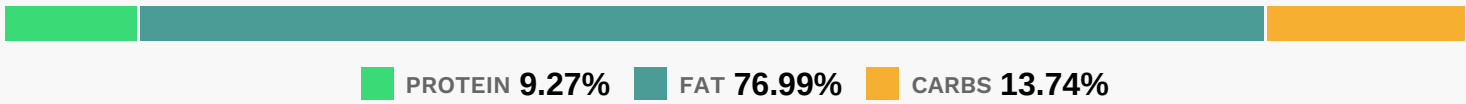
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Blend parsley, cheese, sour cream, and mayonnaise in a food processor until smooth. Blend in buttermilk, vinegar, salt, and pepper.
- ☐ Transfer to a bowl and stir in chives.
- ☐ Toss lettuces together in a large bowl, then toss with a generous 1/2 cup dressing.
- ☐ Dressing keeps 5 days, covered and chilled. Stir before using.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:0.34, Inflammation Score:-10, Nutrition Score:16.284347819245%

Flavonoids

Cyanidin: 25.4mg, Cyanidin: 25.4mg, Cyanidin: 25.4mg, Cyanidin: 25.4mg Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg Apigenin: 7.37mg, Apigenin: 7.37mg, Apigenin: 7.37mg, Apigenin: 7.37mg Luteolin: 8.17mg, Luteolin: 8.17mg, Luteolin: 8.17mg, Luteolin: 8.17mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 8.88mg, Quercetin: 8.88mg, Quercetin: 8.88mg, Quercetin: 8.88mg

Nutrients (% of daily need)

Calories: 167.06kcal (8.35%), Fat: 14.68g (22.59%), Saturated Fat: 4.46g (27.88%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 3.17g (1.15%), Sugar: 2.02g (2.24%), Cholesterol: 19.86mg (6.62%), Sodium: 495.04mg (21.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.96%), Vitamin K: 244.6µg (232.95%), Vitamin A: 5371.92IU (107.44%), Folate: 110.89µg (27.72%), Vitamin C: 15.18mg (18.4%), Calcium: 120.76mg (12.08%), Manganese: 0.24mg (12.06%), Fiber: 2.72g (10.89%), Potassium: 379.7mg (10.85%), Vitamin E: 1.58mg (10.55%), Copper: 0.19mg (9.49%), Phosphorus: 91.91mg (9.19%), Vitamin B2: 0.14mg (8.37%), Vitamin B5: 0.69mg (6.89%), Magnesium: 24.35mg (6.09%), Iron: 1.07mg (5.94%), Vitamin B6: 0.1mg (5.15%), Vitamin B1: 0.07mg (4.92%), Zinc: 0.71mg (4.7%), Selenium: 2.82µg (4.03%), Vitamin B12: 0.19µg (3.24%), Vitamin B3: 0.48mg (2.41%), Vitamin D: 0.24µg (1.57%)