



New York-Style Chopped Salad

 Gluten Free

READY IN



140 min.

SERVINGS



10

CALORIES



483 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 bunch asparagus sliced into pieces
- 2 avocados sliced
- 0.5 cup buttermilk as needed (more to reach desired consistency)
- 14 ounce kidney beans drained and rinsed canned
- 1 cucumber english halved sliced
- 0.3 cup flat-leaf parsley leaves italian chopped
- 2 tablespoons chives fresh chopped
- 8 ounces mozzarella cheese fresh cubed

- 1 pint grape tomatoes halved
- 10 servings salt and ground pepper
- 4 hardboiled eggs peeled sliced
- 1 cup mayonnaise (real)
- 3 cups salad greens mixed
- 8 ounces mushrooms sliced
- 4 ounce olives mixed pitted canned
- 2 teaspoons oregano fresh chopped
- 8 radishes halved
- 2 bell peppers red sliced
- 8 romaine leaves whole
- 0.5 cup cup heavy whipping cream sour
- 0.5 cup sunflower seeds
- 3 teaspoons vinegar white
- 2 teaspoons worcestershire sauce
- 2 bell peppers yellow sliced

Equipment

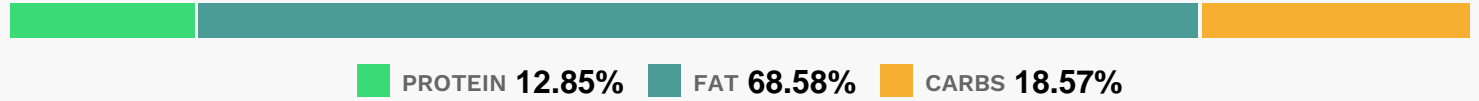
- bowl
- tongs
- cutting board

Directions

- Watch how to make this recipe.
- Lay out the greens and all the fixings in small dishes.
- Have a big stainless bowl with tongs. Have everyone build their own salad by throwing what they want into the bowl. Toss and tip the salad onto a cutting board. With 2 knives, quickly chop the salad so that it's chopped into smaller pieces. Throw it back into the metal dish and toss with Herby Ranch Dressing.

- Transfer to a plate and sprinkle with a little salt and pepper.
- Combine the mayonnaise, buttermilk, sour cream, parsley, chives, oregano, vinegar, Worcestershire sauce and salt and pepper to taste in a bowl. Chill for a couple of hours before serving.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:4.05, Inflammation Score:-10, Nutrition Score:33.443043397821%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Pelargonidin: 2.02mg, Pelargonidin: 2.02mg, Pelargonidin: 2.02mg, Pelargonidin: 2.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 2.61mg, Isorhamnetin: 2.61mg, Isorhamnetin: 2.61mg, Isorhamnetin: 2.61mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg

Nutrients (% of daily need)

Calories: 482.69kcal (24.13%), Fat: 38.3g (58.93%), Saturated Fat: 9.16g (57.23%), Carbohydrates: 23.33g (7.78%), Net Carbohydrates: 14.2g (5.16%), Sugar: 7.33g (8.14%), Cholesterol: 110.03mg (36.68%), Sodium: 636.52mg (27.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.14g (32.29%), Vitamin K: 127.62µg (121.54%), Vitamin C: 95.65mg (115.94%), Vitamin A: 4276.92IU (85.54%), Folate: 164.49µg (41.12%), Vitamin E: 5.93mg (39.55%), Fiber: 9.13g (36.53%), Phosphorus: 334.13mg (33.41%), Vitamin B2: 0.54mg (31.91%), Manganese: 0.63mg (31.26%), Selenium: 19.18µg (27.4%), Potassium: 953.08mg (27.23%), Copper: 0.54mg (26.91%), Vitamin B6: 0.53mg (26.54%), Vitamin B1: 0.35mg (23.47%), Calcium: 225.07mg (22.51%), Magnesium: 86.06mg (21.51%), Iron: 3.65mg (20.27%), Vitamin B5: 1.89mg (18.85%), Vitamin B3: 3.75mg (18.74%), Zinc: 2.55mg (17.02%), Vitamin B12: 0.85µg (14.24%), Vitamin D: 0.78µg (5.18%)