



Orange and Blue Grilled Romaine Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



212 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup cheese blue crumbled (recommended: Shropshire)
- 4 servings kosher salt and freshly cracked pepper black
- 1 navel oranges
- 4 servings olive oil lemon flavored
- 2 baby greens halved lengthwise
- 0.5 small shallots sliced

Equipment

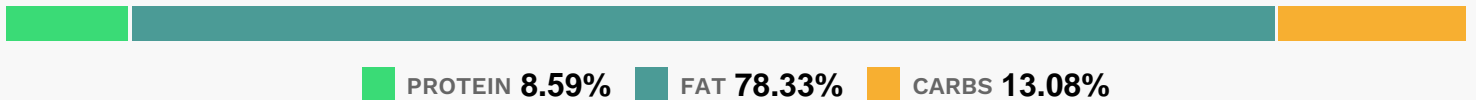
- bowl

- knife
- whisk
- grill
- grill pan

Directions

- Preheat a grill pan over high heat.
- Brush the romaine spears with some lemon oil and season with salt and pepper, to taste.
- Put the spears on the grill pan and cook, turning once, until grill marks appear and the lettuce begins to wilt, about 2 minutes total. Immediately remove from the grill to a serving platter and sprinkle each half with about 2 tablespoons of the crumbled blue cheese.
- With a sharp knife, cut the peel and pith from the orange. Carefully remove the orange segments by cutting them lengthwise away from the membrane, into a bowl. Squeeze the juice from the membrane over the segments and slowly whisk in 2 tablespoons lemon oil until combined. Season with salt and pepper, to taste, then add the shallots and stir to combine.
- Drizzle the citrus vinaigrette and orange sections over the grilled romaine spears and garnish with the remaining blue cheese.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.23, Inflammation Score:-10, Nutrition Score:13.916521707307%

Flavonoids

Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 212.33kcal (10.62%), Fat: 19.07g (29.34%), Saturated Fat: 5.12g (31.98%), Carbohydrates: 7.17g (2.39%), Net Carbohydrates: 5.11g (1.86%), Sugar: 3.98g (4.42%), Cholesterol: 12.66mg (4.22%), Sodium: 393.38mg (17.1%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.41%), Vitamin A: 5136.48IU (102.73%), Vitamin K: 66.77µg (63.59%), Vitamin C: 23.19mg (28.12%), Folate: 95.88µg (23.97%), Vitamin E: 2.19mg (14.57%), Calcium: 124.21mg (12.42%), Phosphorus: 92.18mg (9.22%), Fiber: 2.06g (8.23%), Potassium: 251.47mg (7.18%), Vitamin B2: 0.12mg (7.11%), Manganese: 0.11mg (5.44%), Vitamin B6: 0.11mg (5.41%), Vitamin B1: 0.07mg (4.75%), Vitamin B5: 0.47mg (4.72%), Iron: 0.76mg (4.24%), Zinc: 0.62mg (4.13%), Magnesium: 16.3mg (4.08%), Selenium: 2.71µg (3.87%), Vitamin B12: 0.21µg (3.43%), Copper: 0.05mg (2.52%), Vitamin B3: 0.5mg (2.52%)