



Pecorino and Romaine Salad with Garlicky Lemon Dressing

READY IN



45 min.

SERVINGS



6

CALORIES



94 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon anchovy paste
- ☐ 4 ounces ciabatta bread
- ☐ 1 teaspoon dijon mustard
- ☐ 1 garlic clove crushed
- ☐ 1 garlic clove peeled halved
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 ounce pecorino romano cheese shaved

- ☐ 6 servings cracked pepper black
- ☐ 6 cups torn romaine lettuce
- ☐ 1 teaspoon worcestershire sauce

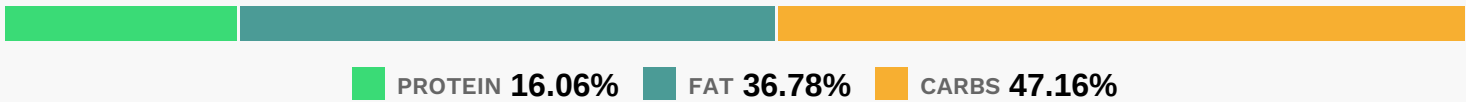
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 40
- ☐ Place bread on a baking sheet; bake at 400 for 5 minutes or until toasted. Rub toasted bread slices with cut sides of garlic clove; discard garlic clove halves.
- ☐ Cut bread into 1/2-inch cubes.
- ☐ Place bread cubes on pan; coat with cooking spray.
- ☐ Bake for 5 minutes or until golden. Cool.
- ☐ Combine juice and next 5 ingredients (through crushed garlic) in a small bowl; stir with a whisk.
- ☐ Place lettuce in a large bowl.
- ☐ Pour juice mixture over lettuce; toss gently to coat.
- ☐ Sprinkle with pepper. Top with croutons and cheese.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:0.15, Inflammation Score:-10, Nutrition Score:8.8221738493961%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 94.28kcal (4.71%), Fat: 3.95g (6.07%), Saturated Fat: 1.24g (7.72%), Carbohydrates: 11.39g (3.8%), Net Carbohydrates: 10.1g (3.67%), Sugar: 0.78g (0.87%), Cholesterol: 5.13mg (1.71%), Sodium: 184.67mg (8.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.76%), Vitamin A: 4115.58IU (82.31%), Vitamin K: 49.92µg (47.54%), Folate: 64.97µg (16.24%), Calcium: 70.38mg (7.04%), Phosphorus: 54.03mg (5.4%), Manganese: 0.11mg (5.36%), Fiber: 1.28g (5.14%), Vitamin C: 3.29mg (3.99%), Potassium: 138.7mg (3.96%), Iron: 0.61mg (3.4%), Vitamin B2: 0.05mg (3.14%), Vitamin E: 0.43mg (2.84%), Vitamin B1: 0.04mg (2.72%), Vitamin B6: 0.05mg (2.69%), Magnesium: 9.79mg (2.45%), Selenium: 1.48µg (2.12%), Zinc: 0.26mg (1.72%), Copper: 0.03mg (1.61%), Vitamin B3: 0.22mg (1.11%), Vitamin B5: 0.1mg (1.02%)