



Pine-Nut Salad Spears

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



136 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons cider vinegar
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 teaspoon honey
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 3 tablespoons parmesan cheese shredded finely
- ☐ 0.5 cup pinenuts divided toasted
- ☐ 12 oz romaine lettuce leaves

☐ 1 tablespoon shallots minced

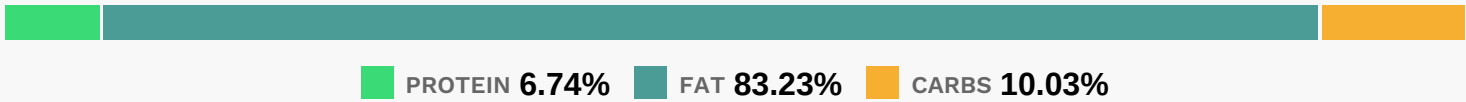
Equipment

☐ mortar and pestle

Directions

- ☐ Crush 1/3 cup nuts into a paste using a mortar and pestle.
- ☐ Add mustard, vinegar, shallot, honey, salt, and oil; mix until blended. Chill lettuce leaves until ready to serve.
- ☐ Put lettuce leaves on a platter and drizzle with dressing, then sprinkle with cheese and remaining nuts.

Nutrition Facts



Properties

Glycemic Index:22.66, Glycemic Load:0.47, Inflammation Score:-9, Nutrition Score:11.107391193995%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 135.97kcal (6.8%), Fat: 13.14g (20.22%), Saturated Fat: 1.67g (10.44%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 2.3g (0.84%), Sugar: 1.67g (1.85%), Cholesterol: 1.27mg (0.43%), Sodium: 182.99mg (7.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.79%), Vitamin A: 3721.23IU (74.42%), Vitamin K: 52.25µg (49.76%), Manganese: 0.83mg (41.45%), Folate: 61.3µg (15.32%), Vitamin E: 1.82mg (12.13%), Phosphorus: 75.86mg (7.59%), Magnesium: 28.67mg (7.17%), Copper: 0.13mg (6.73%), Iron: 0.97mg (5.38%), Fiber: 1.26g (5.04%), Potassium: 166.43mg (4.76%), Zinc: 0.71mg (4.7%), Vitamin B1: 0.06mg (4.23%), Calcium: 38.85mg (3.88%), Vitamin B2: 0.05mg (3.22%), Vitamin B3: 0.51mg (2.57%), Vitamin B6: 0.05mg (2.29%), Vitamin C: 1.87mg (2.27%), Selenium: 0.79µg (1.12%)