



## Quick Italian Salad

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



146 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 cup olives whole black
- 2 teaspoons pepper black
- 0.5 cup cherry tomatoes whole red
- 0.3 cup parsley fresh minced
- 1 clove garlic pressed
- 0.5 head iceberg lettuce
- 1 juice of lemon
- 0.3 cup mayonnaise

- 0.5 cup olive oil
- 0.3 cup parmesan grated (pre-grated in a pack from the store)
- 0.3 cup parmesan grated
- 6 pepperoncini whole
- 0.5 small onion red very thinly sliced into circles
- 0.3 teaspoon pepper flakes red
- 1 head romaine lettuce roughly chopped
- 1 teaspoon salt
- 1 tablespoon sugar
- 1 tablespoon vinegar

## Equipment

- bowl
- blender

## Directions

- Watch how to make this recipe.
- For the dressing: In a blender, add the olive oil, mayonnaise, Parmesan, parsley, sugar, vinegar, black pepper, salt, red pepper flakes, garlic and lemon juice and blend until pureed.
- Put the romaine and iceberg greens in a large bowl and toss with the dressing. Top the salad with the pepperoncini, olives, tomatoes and onions.
- Sprinkle with Parmesan at the end.

## Nutrition Facts



**PROTEIN 11.67%** **FAT 67.59%** **CARBS 20.74%**

## Properties

Glycemic Index:47.14, Glycemic Load:1.58, Inflammation Score:-10, Nutrition Score:15.99826089066%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

## **Nutrients (% of daily need)**

Calories: 146.38kcal (7.32%), Fat: 11.5g (17.69%), Saturated Fat: 2.62g (16.35%), Carbohydrates: 7.94g (2.65%), Net Carbohydrates: 4.95g (1.8%), Sugar: 4.03g (4.48%), Cholesterol: 7.9mg (2.63%), Sodium: 597.86mg (25.99%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.47g (8.94%), Vitamin A: 7329.99IU (146.6%), Vitamin K: 134.24µg (127.85%), Folate: 125.71µg (31.43%), Vitamin C: 16.97mg (20.57%), Manganese: 0.27mg (13.4%), Calcium: 133.08mg (13.31%), Fiber: 2.99g (11.97%), Potassium: 325.74mg (9.31%), Phosphorus: 92.64mg (9.26%), Vitamin E: 1.27mg (8.48%), Iron: 1.33mg (7.38%), Vitamin B6: 0.14mg (6.75%), Vitamin B1: 0.09mg (6.13%), Vitamin B2: 0.1mg (5.85%), Magnesium: 22.55mg (5.64%), Copper: 0.09mg (4.44%), Zinc: 0.52mg (3.5%), Selenium: 2.44µg (3.49%), Vitamin B3: 0.52mg (2.6%), Vitamin B5: 0.25mg (2.51%), Vitamin B12: 0.1µg (1.6%)