



Raw Mustard Greens Salad with Gruyère and Anchovy Croutons

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



131 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 fillet anchovy finely chopped
- ☐ 3 cups unseasoned bread cubes crustless
- ☐ 3 garlic clove pressed
- ☐ 5 teaspoons juice of lemon fresh ()
- ☐ 12 ounces mustard greens
- ☐ 0.5 cup olive oil extra virgin extra-virgin

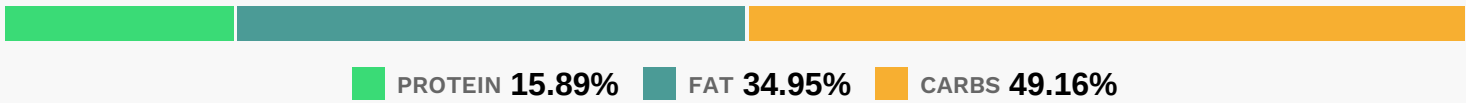
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 375°F.
- ☐ Combine anchovies and garlic in small bowl. Gradually whisk in oil.
- ☐ Place bread cubes in medium bowl.
- ☐ Drizzle 2 tablespoons anchovy oil over, tossing to coat.
- ☐ Sprinkle bread with salt, pepper, and half of cheese; toss to coat.
- ☐ Spray rimmed baking sheet with nonstick spray. Scatter bread on sheet.
- ☐ Bake croutons until crisp and golden, stirring occasionally, about 20 minutes. Set aside.
- ☐ Measure 8 cups (loosely packed) mustard greens and place in large bowl (reserve any remaining greens for another use).
- ☐ Add croutons and remaining cheese to bowl.
- ☐ Whisk 5 teaspoons lemon juice into remaining anchovy oil; season dressing with salt, pepper, and more lemon juice, if desired.
- ☐ Add dressing to salad; toss to coat.

Nutrition Facts



Properties

Glycemic Index:20.11, Glycemic Load:7.55, Inflammation Score:-9, Nutrition Score:15.211739201909%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 9.19mg, Isorhamnetin: 9.19mg, Isorhamnetin: 9.19mg, Isorhamnetin: 9.19mg

9.19mg, Isorhamnetin: 9.19mg Kaempferol: 21.72mg, Kaempferol: 21.72mg, Kaempferol: 21.72mg, Kaempferol: 21.72mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg

Nutrients (% of daily need)

Calories: 131.37kcal (6.57%), Fat: 5.29g (8.13%), Saturated Fat: 0.74g (4.65%), Carbohydrates: 16.73g (5.58%), Net Carbohydrates: 13.75g (5%), Sugar: 2.47g (2.75%), Cholesterol: 2mg (0.67%), Sodium: 147.62mg (6.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.81%), Vitamin K: 149.85µg (142.72%), Vitamin C: 41.83mg (50.7%), Vitamin A: 1717.19IU (34.34%), Manganese: 0.36mg (18.08%), Selenium: 10.01µg (14.3%), Vitamin B3: 2.5mg (12.5%), Fiber: 2.98g (11.91%), Iron: 2.1mg (11.64%), Vitamin E: 1.74mg (11.58%), Vitamin B1: 0.17mg (11.08%), Calcium: 108.1mg (10.81%), Vitamin B2: 0.14mg (8.46%), Potassium: 280.31mg (8.01%), Folate: 31.78µg (7.95%), Vitamin B6: 0.16mg (7.92%), Magnesium: 31.62mg (7.9%), Phosphorus: 77.43mg (7.74%), Copper: 0.15mg (7.36%), Vitamin B5: 0.38mg (3.85%), Zinc: 0.51mg (3.4%)