



Red Lettuce with Balsamic Onions

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



119 kcal

SIDE DISH

Ingredients

- 0.3 cup balsamic vinegar good
- 1 teaspoon pepper black freshly ground
- 2 teaspoons dijon mustard
- 1.5 teaspoons kosher salt
- 1 cup olive oil good
- 2 heads red-leaf dry washed
- 3 small onions red
- 0.3 cup red wine vinegar good

6 tablespoons shallots minced (2 large)

Equipment

bowl

oven

whisk

Directions

Preheat the oven to 375 degrees F.

1/4 cup balsamic vinegar, 1/4 cup olive oil, 1 teaspoon salt and 1/2 teaspoon pepper.

Bake for 12 to 15 minutes, until the onions are tender.

Remove from oven and toss with 2 more tablespoons balsamic vinegar and cool to room temperature.

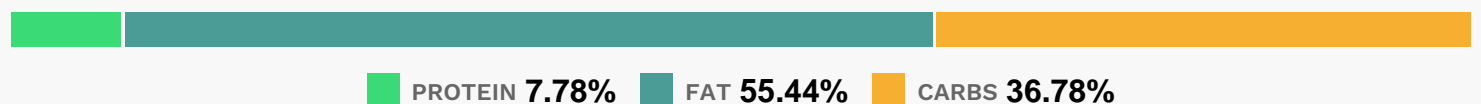
Whisk together the shallots, mustard, red wine vinegar, 1/2 teaspoon salt and 1/2 teaspoon pepper in a small bowl. While whisking, add 3/4 cup olive oil until emulsified.

To assemble, toss enough lettuce for 6 people with dressing, to taste.

Place the lettuce on 6 plates and arrange the onions on top.

Sprinkle with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:2.49, Inflammation Score:-10, Nutrition Score:14.459565255953%

Flavonoids

Cyanidin: 3.23mg, Cyanidin: 3.23mg, Cyanidin: 3.23mg, Cyanidin: 3.23mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 19mg, Quercetin: 19mg, Quercetin: 19mg, Quercetin: 19mg

Nutrients (% of daily need)

Calories: 119.33kcal (5.97%), Fat: 7.56g (11.63%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 11.28g (3.76%), Net Carbohydrates: 8.94g (3.25%), Sugar: 5.23g (5.81%), Cholesterol: 0mg (0%), Sodium: 632.3mg (27.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.77%), Vitamin A: 7721.27IU (154.43%), Vitamin K: 149.41µg (142.29%), Manganese: 0.38mg (18.93%), Folate: 51.1µg (12.78%), Vitamin C: 8.74mg (10.59%), Vitamin B6: 0.21mg (10.28%), Iron: 1.7mg (9.43%), Potassium: 329.22mg (9.41%), Fiber: 2.34g (9.35%), Vitamin E: 1.22mg (8.1%), Vitamin B1: 0.1mg (6.72%), Vitamin B2: 0.1mg (5.76%), Magnesium: 23.02mg (5.75%), Calcium: 56.76mg (5.68%), Phosphorus: 55.93mg (5.59%), Selenium: 2.52µg (3.61%), Copper: 0.07mg (3.45%), Vitamin B5: 0.25mg (2.55%), Zinc: 0.37mg (2.45%), Vitamin B3: 0.43mg (2.14%)