



HEALTH SCORE

100%

Red Salad with Champagne Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



20 min.

SERVINGS



10

CALORIES



644 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



8 cups bay leaves mixed red loosely packed



0.3 teaspoon pepper black



2 tablespoons champagne vinegar



4 cups endive mixed red loosely packed



0.3 cup olive oil french (preferably)



0.5 teaspoon salt

Equipment



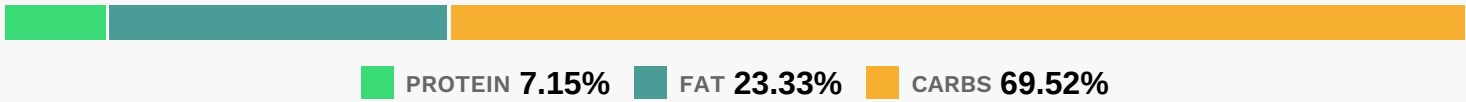
bowl

- ☐ paper towels
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ Whisk together vinegar, salt, and pepper in a large bowl, then add oil in a slow stream, whisking until emulsified.
- ☐ Add lettuces and greens and toss to coat.
- ☐ Serve immediately.
- ☐ Lettuces and greens can be washed and dried 1 day ahead and chilled in sealed plastic bags lined with paper towels.

Nutrition Facts



Properties

Glycemic Index:7.7, Glycemic Load:0.03, Inflammation Score:-10, Nutrition Score:48.790434464164%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg

Nutrients (% of daily need)

Calories: 644.25kcal (32.21%), Fat: 21.26g (32.71%), Saturated Fat: 5.07g (31.69%), Carbohydrates: 142.61g (47.54%), Net Carbohydrates: 92.2g (33.53%), Sugar: 0.05g (0.06%), Cholesterol: 0mg (0%), Sodium: 164.56mg (7.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.66g (29.32%), Manganese: 15.55mg (777.49%), Iron: 81.6mg (453.34%), Vitamin A: 12140.05IU (242.8%), Fiber: 50.41g (201.64%), Vitamin B6: 3.3mg (164.87%), Calcium: 1589.44mg (158.94%), Vitamin C: 89.33mg (108.27%), Folate: 369.1µg (92.27%), Magnesium: 230.33mg (57.58%), Vitamin B2: 0.81mg (47.76%), Zinc: 7.16mg (47.75%), Vitamin K: 49.53µg (47.17%), Copper: 0.81mg (40.41%), Potassium: 1065.95mg (30.46%), Phosphorus: 219.79mg (21.98%), Vitamin B3: 3.88mg (19.38%), Selenium: 5.34µg (7.63%), Vitamin E: 0.87mg (5.77%), Vitamin B1: 0.03mg (2.21%), Vitamin B5: 0.18mg (1.81%)