



Roasted Tomato Dressed Romaine Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



199 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 4 servings pepper black freshly ground
- ☐ 1 pint cherry tomatoes
- ☐ 0.5 tablespoon dijon mustard
- ☐ 0.3 cup olive oil extra-virgin plus more for drizzling
- ☐ 0.3 small onion red minced
- ☐ 3 hearts romaine lettuce roughly chopped
- ☐ 4 servings salt

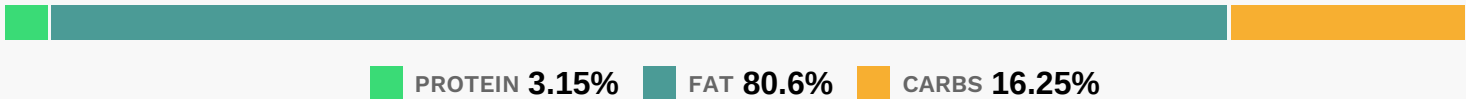
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 425 degrees F.
- ☐ Place the tomatoes on a baking dish and drizzle with a little extra-virgin olive oil and season with some salt and pepper and transfer to the oven. Roast until the tomatoes start to burst, about 10 minutes.
- ☐ Remove from the oven and let cool. Once cool, transfer to a salad bowl and slightly smash up the tomatoes with a fork, add the minced red onion and the mustard and vinegar. In a slow steady steam, pour in the extra-virgin olive oil, to taste, while mixing with a fork.
- ☐ Add the romaine lettuce and toss to combine.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:1.18, Inflammation Score:-9, Nutrition Score:9.6282608301743%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg

Nutrients (% of daily need)

Calories: 198.69kcal (9.93%), Fat: 18.27g (28.1%), Saturated Fat: 2.52g (15.74%), Carbohydrates: 8.28g (2.76%), Net Carbohydrates: 6.79g (2.47%), Sugar: 5.31g (5.9%), Cholesterol: 0mg (0%), Sodium: 232.52mg (10.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.21%), Vitamin A: 2409.57IU (48.19%), Vitamin C: 28.33mg (34.34%), Vitamin K: 35.89µg (34.18%), Vitamin E: 3.29mg (21.94%), Folate: 45.39µg (11.35%), Manganese: 0.2mg (10.12%), Potassium: 337.59mg (9.65%), Iron: 1.25mg (6.95%), Fiber: 1.49g (5.97%), Vitamin B6: 0.12mg (5.94%), Copper:

0.11mg (5.37%), Phosphorus: 45.88mg (4.59%), Vitamin B1: 0.06mg (4.3%), Magnesium: 16.79mg (4.2%), Vitamin B3: 0.71mg (3.57%), Calcium: 26.69mg (2.67%), Vitamin B2: 0.04mg (2.55%), Vitamin B5: 0.2mg (1.98%), Selenium: 1.35µg (1.93%), Zinc: 0.25mg (1.66%)