



WHATSheATE



Romaine Hearts with Lemon Chive Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



175 kcal

SIDE DISH

Ingredients



10 blades chives snipped chopped



1 teaspoon dijon mustard



0.5 pint grape tomatoes



0.5 juice of lemon juiced



0.3 cup olive oil extra-virgin



2 hearts romaine lettuce



4 servings salt and pepper



1 pinch sugar

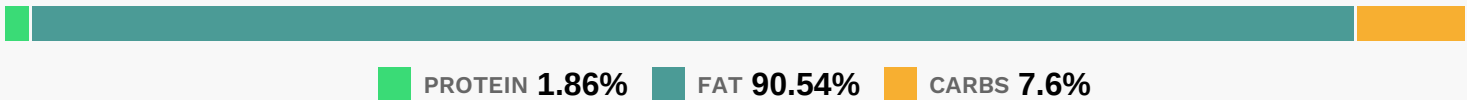
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk lemon juice, mustard, and sugar together in a bowl.
- ☐ Add chives and whisk in oil in a slow stream. Season dressing with salt and pepper.
- ☐ Quarter each heart of romaine lengthwise. Trim core at ends.
- ☐ Place 2 quarters on each salad plate. They're served whole, covered with dressing. Halve a few grape tomatoes and place at plates' edge for garnish.
- ☐ Drizzle salads liberally with vinaigrette and serve.

Nutrition Facts



Properties

Glycemic Index:46.27, Glycemic Load:0.8, Inflammation Score:-8, Nutrition Score:6.5039128842561%

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: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 175.45kcal (8.77%), Fat: 18.23g (28.05%), Saturated Fat: 2.51g (15.71%), Carbohydrates: 3.44g (1.15%), Net Carbohydrates: 2.31g (0.84%), Sugar: 2.13g (2.37%), Cholesterol: 0mg (0%), Sodium: 212.09mg (9.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin A: 1822.03IU (36.44%), Vitamin K: 35.2µg (33.53%), Vitamin E: 2.94mg (19.63%), Vitamin C: 11.57mg (14.03%), Folate: 31.37µg (7.84%), Potassium: 188.12mg (5.37%), Manganese: 0.1mg (5.23%), Fiber: 1.13g (4.53%), Vitamin B6: 0.06mg (3.19%), Magnesium: 10.35mg (2.59%), Iron: 0.46mg (2.56%), Vitamin B1: 0.04mg (2.48%), Copper: 0.05mg (2.36%), Phosphorus: 21.5mg (2.15%), Vitamin B3:

0.42mg (2.11%), Vitamin B2: 0.02mg (1.47%), Calcium: 14.15mg (1.41%), Zinc: 0.16mg (1.05%)