



Romaine Hearts with Red Pepper Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



132 kcal

SIDE DISH

Ingredients



1 Handful flat-leaf parsley



0.3 cup olive oil extra-virgin



1 tablespoon red wine vinegar



1 roasted bell pepper red jarred drained



2 hearts romaine chopped



4 servings salt and pepper

Equipment



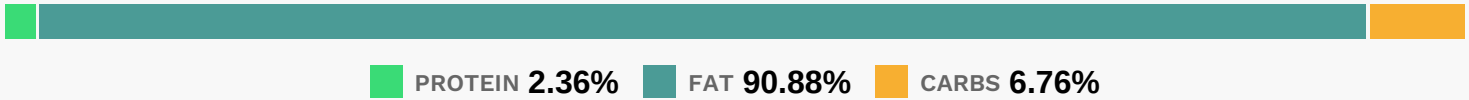
food processor

☐ bowl

Directions

☐ Place chopped romaine on a platter or in a salad bowl. To a food processor, add roasted red pepper, vinegar and parsley. Process, then stream in extra-virgin olive oil. Season with salt and pepper. remove processor bowl and drizzle dressing over salad, serve.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-10, Nutrition Score:11.381739212119%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 131.68kcal (6.58%), Fat: 13.71g (21.08%), Saturated Fat: 1.89g (11.82%), Carbohydrates: 2.29g (0.76%), Net Carbohydrates: 0.96g (0.35%), Sugar: 0.68g (0.76%), Cholesterol: 0mg (0%), Sodium: 326.07mg (14.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.6%), Vitamin A: 5053.49IU (101.07%), Vitamin K: 82.44µg (78.51%), Folate: 79.84µg (19.96%), Vitamin E: 2.03mg (13.5%), Vitamin C: 7.91mg (9.59%), Fiber: 1.33g (5.32%), Manganese: 0.11mg (5.31%), Potassium: 160.24mg (4.58%), Iron: 0.78mg (4.32%), Vitamin B6: 0.06mg (2.96%), Vitamin B1: 0.04mg (2.92%), Vitamin B2: 0.04mg (2.45%), Calcium: 24.3mg (2.43%), Magnesium: 9.58mg (2.4%), Copper: 0.04mg (2.06%), Phosphorus: 19.68mg (1.97%), Vitamin B3: 0.24mg (1.2%), Zinc: 0.16mg (1.06%)