



## Romaine Hearts with Strawberry Balsamic Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



247 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 cup almonds toasted sliced
- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 large hearts romaine lettuce
- ☐ 4 servings salt and pepper
- ☐ 4 large strawberries ripe finely chopped

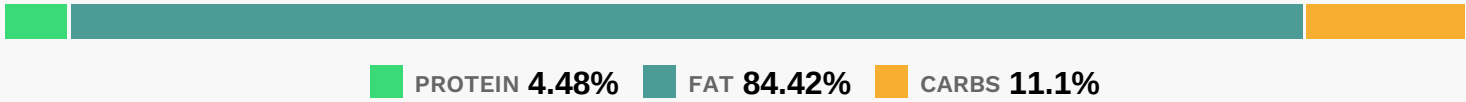
### Equipment

- ☐ bowl
- ☐ whisk

## Directions

- ☐ Cut each heart in half lengthwise, trim away core, rinse and dry.
- ☐ Place strawberries in a shallow bowl with vinegar and let stand 10 minutes.
- ☐ Whisk in extra-virgin olive oil and season the dressing with salt and pepper.
- ☐ Place a half-heart on each salad plate or on a large platter and dress with strawberry balsamic vinaigrette.
- ☐ Garnish with toasted almonds.

## Nutrition Facts



## Properties

Glycemic Index:25, Glycemic Load:1.74, Inflammation Score:-7, Nutrition Score:8.7791303162989%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 247.29kcal (12.36%), Fat: 23.86g (36.71%), Saturated Fat: 2.93g (18.32%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 4.79g (1.74%), Sugar: 3.78g (4.2%), Cholesterol: 0mg (0%), Sodium: 198.41mg (8.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Vitamin E: 5.63mg (37.55%), Vitamin K: 25.78µg (24.55%), Vitamin A: 1222.76IU (24.46%), Manganese: 0.4mg (20.25%), Vitamin C: 16.44mg (19.92%), Magnesium: 37.97mg (9.49%), Fiber: 2.27g (9.09%), Vitamin B2: 0.15mg (8.61%), Folate: 30.58µg (7.64%), Copper: 0.14mg (7.07%), Phosphorus: 68.28mg (6.83%), Potassium: 173.85mg (4.97%), Iron: 0.86mg (4.79%), Calcium: 43.42mg (4.34%), Zinc: 0.44mg (2.93%), Vitamin B3: 0.56mg (2.82%), Vitamin B1: 0.04mg (2.68%), Vitamin B6: 0.04mg (1.94%), Vitamin B5: 0.11mg (1.08%)