



Romaine Salad with Anchovy Dressing and Parmesan

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



156 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 fillet flat anchovy finely chopped
- ☐ 2 small garlic cloves minced
- ☐ 3 hearts of romaine (20 to 22 ounces total)
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 6 ounces parmigiano-reggiano shaved with a vegetable peeler
- ☐ 1 teaspoon white-wine vinegar

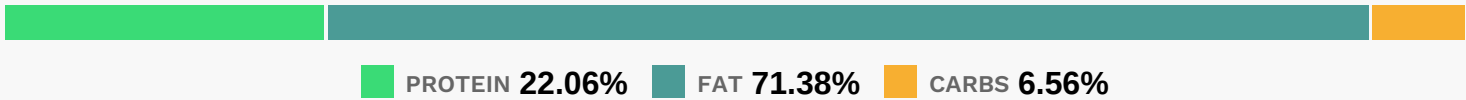
Equipment

☐ whisk

Directions

- ☐ Whisk together anchovies, garlic, lemon juice, vinegar, and 1/8 teaspoon pepper.
- ☐ Whisk in oil.
- ☐ Toss lettuce with dressing, then with cheese.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:0.25, Inflammation Score:-9, Nutrition Score:10.8899999993469%

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: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 155.56kcal (7.78%), Fat: 12.5g (19.24%), Saturated Fat: 4.47g (27.95%), Carbohydrates: 2.59g (0.86%), Net Carbohydrates: 1.67g (0.61%), Sugar: 0.78g (0.86%), Cholesterol: 15.96mg (5.32%), Sodium: 346.96mg (15.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.69g (17.38%), Vitamin A: 3858.46IU (77.17%), Vitamin K: 47.87µg (45.59%), Calcium: 271.09mg (27.11%), Phosphorus: 166.12mg (16.61%), Folate: 60.12µg (15.03%), Selenium: 5.98µg (8.54%), Vitamin E: 1.09mg (7.3%), Vitamin B2: 0.11mg (6.28%), Zinc: 0.74mg (4.91%), Vitamin B12: 0.27µg (4.51%), Manganese: 0.09mg (4.25%), Magnesium: 16.75mg (4.19%), Vitamin C: 3.38mg (4.1%), Potassium: 140.98mg (4.03%), Iron: 0.72mg (4.02%), Fiber: 0.92g (3.67%), Vitamin B6: 0.07mg (3.27%), Vitamin B1: 0.04mg (2.84%), Vitamin B3: 0.55mg (2.75%), Vitamin B5: 0.18mg (1.82%), Copper: 0.04mg (1.77%)