



## Romaine Salad with Carpaccio of Tomato and Cucumber

 Vegetarian  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



280 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 tablespoon chives finely minced
- 1 cucumber english with a mandoline peeled very thinly sliced
- 0.3 cup catsup
- 1 lemon zest grated juiced
- 1 cup mayonnaise
- 1 tablespoon parsley leaves finely minced
- 1 tablespoon onion red shaved

- 1 tablespoon rice vinegar
- 1 heart romaine separated
- 1.5 cups greens soaked in salt water to remove grit mixed dried shredded organic rinsed ( mesclun mix such as arugula, mache, chicory, sorrel)
- 6 servings salt and pepper black freshly ground
- 1 large yet tomato fresh with a mandoline firm ripe very thinly sliced

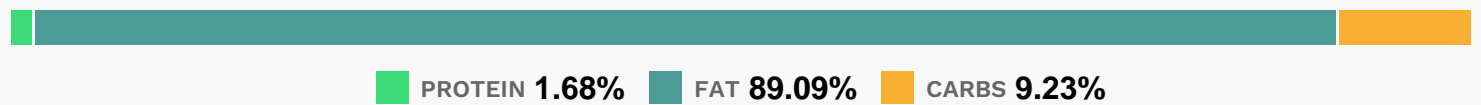
## Equipment

- whisk

## Directions

- To make the salad dressing, whisk together, ketchup, mayonnaise, rice vinegar, lemon zest, lemon juice, chives, and parsley. Season, to taste, with salt and pepper and set aside.
- To assemble the carpaccio, place a large tomato slice on each serving plate to be used as the base. Top with 4 thin slices cucumber, distributing evenly atop the tomato. Put a 1/4 teaspoon of salad dressing in the center of cucumbers to anchor a romaine leaf placed curved side up. Top romaine with a small amount of shaved red onion.
- Place 1/2 cup of greens alongside carpaccio.
- Drizzle dressing on and around and serve additional dressing on the side.

## Nutrition Facts



## Properties

Glycemic Index:45.67, Glycemic Load:0.47, Inflammation Score:-6, Nutrition Score:7.9930436092874%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

## Nutrients (% of daily need)

Calories: 279.98kcal (14%), Fat: 28.08g (43.2%), Saturated Fat: 4.4g (27.51%), Carbohydrates: 6.55g (2.18%), Net Carbohydrates: 5.61g (2.04%), Sugar: 4.16g (4.62%), Cholesterol: 15.68mg (5.23%), Sodium: 28624.59mg (1244.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Vitamin K: 88.7µg (84.48%), Vitamin A: 866.22IU (17.32%), Vitamin C: 8.74mg (10.6%), Vitamin E: 1.57mg (10.44%), Manganese: 0.19mg (9.31%), Potassium: 208.91mg (5.97%), Folate: 19.17µg (4.79%), Copper: 0.08mg (4.15%), Iron: 0.69mg (3.85%), Calcium: 38.29mg (3.83%), Fiber: 0.94g (3.74%), Vitamin B6: 0.07mg (3.59%), Magnesium: 13.95mg (3.49%), Phosphorus: 32.66mg (3.27%), Vitamin B2: 0.05mg (3.04%), Vitamin B5: 0.24mg (2.43%), Vitamin B1: 0.04mg (2.36%), Zinc: 0.32mg (2.17%), Vitamin B3: 0.41mg (2.03%), Selenium: 1.21µg (1.73%)