



Romaine Salad with Chipotle Dressing and Warm Queso Fresco

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



313 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups cornflakes crumbled finely
- ☐ 2 teaspoons hot sauce
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 teaspoons oregano dried
- ☐ 12 ounce queso fresco cut into 12 wedges
- ☐ 1 large the of 1 cos lettuce
- ☐ 0.5 teaspoon sugar

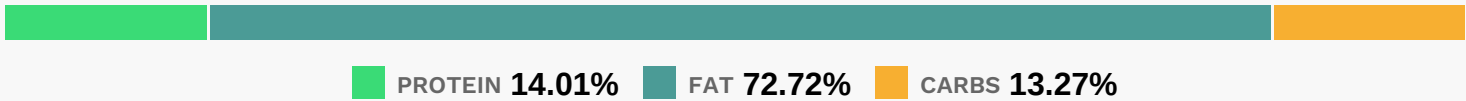
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Whisk 1/3 cup oil, hot sauce, and sugar in small bowl to blend. Season dressing to taste with salt and pepper.
- ☐ Brush baking sheet with olive oil.
- ☐ Mix cornflakes and oregano in medium bowl.
- ☐ Sprinkle with salt and pepper.
- ☐ Brush cheese wedges on all sides with 3 tablespoons oil. Dip cheese wedges in cornflake mixture, coating completely.
- ☐ Place on prepared baking sheet. (Dressing and cheese wedges can be made 4 hours ahead.
- ☐ Let dressing stand at room temperature; cover and chill cheese.)
- ☐ Preheat oven to 400°F.
- ☐ Bake cheese wedges until hot and softened but not melted, about 5 minutes.
- ☐ Meanwhile, toss lettuce with dressing in large bowl. Divide among 6 plates. Top each salad with 2 hot cheese wedges.

Nutrition Facts



Properties

Glycemic Index:12.52, Glycemic Load:0.24, Inflammation Score:-8, Nutrition Score:11.596086968546%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 312.92kcal (15.65%), Fat: 25.58g (39.35%), Saturated Fat: 8.99g (56.21%), Carbohydrates: 10.51g (3.5%), Net Carbohydrates: 9.81g (3.57%), Sugar: 2.63g (2.93%), Cholesterol: 39.12mg (13.04%), Sodium: 529.87mg (23.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.09g (22.17%), Calcium: 333.8mg (33.38%), Vitamin B12: 1.42µg (23.65%), Phosphorus: 230.34mg (23.03%), Vitamin A: 1043.65IU (20.87%), Iron: 3.18mg (17.64%), Selenium: 11.77µg (16.81%), Vitamin K: 16.75µg (15.95%), Vitamin B2: 0.25mg (14.57%), Vitamin E: 2.08mg (13.86%), Vitamin D: 1.87µg (12.45%), Folate: 45.3µg (11.32%), Vitamin B6: 0.22mg (11.13%), Zinc: 1.59mg (10.58%), Vitamin B1: 0.15mg (10.26%), Vitamin B3: 1.73mg (8.67%), Magnesium: 19.77mg (4.94%), Vitamin C: 3.16mg (3.83%), Manganese: 0.06mg (3.24%), Potassium: 110.8mg (3.17%), Fiber: 0.69g (2.77%), Vitamin B5: 0.24mg (2.39%), Copper: 0.04mg (2.2%)