



Romaine Salad with Chives and Blue Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



164 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup cheese blue crumbled
- ☐ 1 teaspoon dijon mustard
- ☐ 1 bunch chives fresh cut into 1 1/2-inch-long pieces
- ☐ 2.5 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil
- ☐ 1 large head romaine lettuce
- ☐ 1 shallots minced

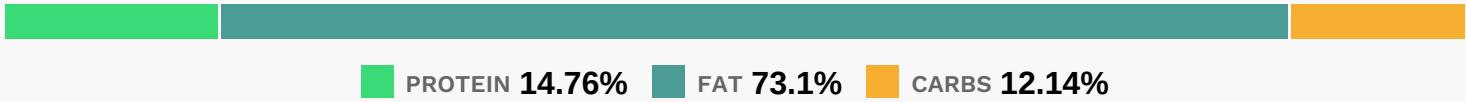
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Place lettuce in large bowl.
- ☐ Whisk oil, lemon juice, shallot, and mustard in small bowl to blend. Season dressing to taste with salt and pepper.
- ☐ Mix in chives.
- ☐ Drizzle dressing over lettuce and toss to coat.
- ☐ Sprinkle cheese over and serve.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:0.32, Inflammation Score:-10, Nutrition Score:16.270869586779%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 164.13kcal (8.21%), Fat: 13.82g (21.27%), Saturated Fat: 5.22g (32.63%), Carbohydrates: 5.16g (1.72%), Net Carbohydrates: 2.77g (1.01%), Sugar: 1.86g (2.07%), Cholesterol: 16.88mg (5.63%), Sodium: 276.99mg (12.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.28g (12.56%), Vitamin A: 9289.26IU (185.79%), Vitamin K: 113.16µg (107.77%), Folate: 153.42µg (38.35%), Calcium: 156.35mg (15.64%), Phosphorus: 122.66mg (12.27%), Potassium: 338.95mg (9.68%), Fiber: 2.4g (9.58%), Vitamin B2: 0.16mg (9.35%), Manganese: 0.18mg (9.13%), Vitamin C: 7.32mg (8.87%), Vitamin E: 1.22mg (8.1%), Iron: 1.2mg (6.67%), Vitamin B6: 0.13mg (6.67%), Vitamin B1: 0.09mg (5.85%), Zinc: 0.87mg (5.78%), Selenium: 4.03µg (5.75%), Vitamin B5: 0.56mg (5.62%), Magnesium: 21.71mg (5.43%), Vitamin B12: 0.27µg (4.57%), Copper: 0.07mg (3.27%), Vitamin B3: 0.58mg (2.9%)