



HEALTH SCORE

86%

Romaine Salad with Creamy Dressing



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



85 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups cherry tomatoes halved
- ☐ 1 teaspoon dijon mustard
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon soya sauce low-sodium
- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 12 cups romaine lettuce chopped

- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup silken tofu firm reduced-fat
- ☐ 8 ounces water-packed tofu firm drained cut into (1/2-inch) cubes reduced-fat

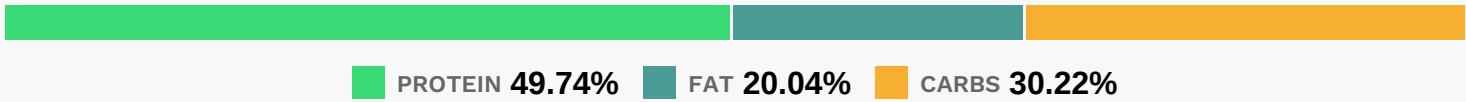
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ To prepare dressing, place first 7 ingredients in a food processor; process until smooth. Spoon into a small bowl; stir in 2 tablespoons cheese.
- ☐ To prepare croutons, press tofu between paper towels until barely moist.
- ☐ Sprinkle tofu with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add tofu; cook 10 minutes, browning on all sides.
- ☐ To prepare salad, combine lettuce, tomatoes, croutons, and dressing in a large bowl; toss gently to coat.
- ☐ Sprinkle with 2 tablespoons cheese.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:0.07, Inflammation Score:-10, Nutrition Score:19.71913039166%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg,

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 84.78kcal (4.24%), Fat: 1.97g (3.03%), Saturated Fat: 0.51g (3.21%), Carbohydrates: 6.68g (2.23%), Net Carbohydrates: 4.24g (1.54%), Sugar: 2.9g (3.23%), Cholesterol: 14.74mg (4.91%), Sodium: 260.16mg (11.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.99%), Vitamin A: 8466.22IU (169.32%), Vitamin K: 98µg (93.34%), Selenium: 27µg (38.56%), Folate: 137.38µg (34.34%), Vitamin B3: 4.42mg (22.12%), Vitamin C: 17.18mg (20.82%), Vitamin B12: 0.99µg (16.52%), Potassium: 474.21mg (13.55%), Phosphorus: 127.37mg (12.74%), Vitamin B6: 0.25mg (12.26%), Iron: 2.18mg (12.13%), Manganese: 0.23mg (11.61%), Fiber: 2.44g (9.76%), Magnesium: 37.18mg (9.29%), Vitamin B1: 0.13mg (8.75%), Copper: 0.17mg (8.34%), Calcium: 74.6mg (7.46%), Vitamin B2: 0.13mg (7.43%), Zinc: 0.76mg (5.04%), Vitamin E: 0.54mg (3.63%), Vitamin D: 0.46µg (3.08%), Vitamin B5: 0.28mg (2.77%)