



Romaine Salad with Lemon-Parmesan Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



35 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black
- 1 tablespoon dijon mustard
- 1 garlic clove halved
- 2 tablespoons juice of lemon fresh
- 1 tablespoon olive oil extra virgin extra-virgin
- 2 tablespoons parmesan fresh grated
- 18 cups the of 1 cos lettuce

- 0.1 teaspoon salt
- 5 sun-dried olives drained chopped

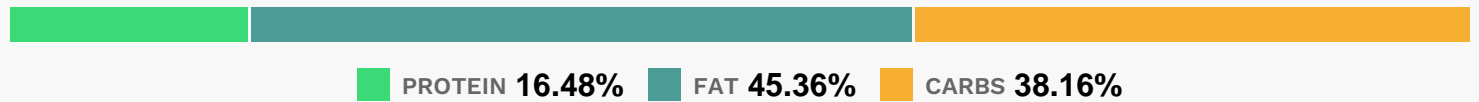
Equipment

- bowl
- whisk

Directions

- Combine first 6 ingredients in a small bowl, stirring with a whisk.
- Rub garlic halves on the inside of a salad bowl; discard.
- Add lettuce and tomatoes to bowl.
- Drizzle with dressing, tossing well to coat.

Nutrition Facts



Properties

Glycemic Index:15.1, Glycemic Load:0.18, Inflammation Score:-10, Nutrition Score:12.36565206289%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 35.41kcal (1.77%), Fat: 2g (3.08%), Saturated Fat: 0.4g (2.5%), Carbohydrates: 3.79g (1.26%), Net Carbohydrates: 1.8g (0.65%), Sugar: 1.49g (1.66%), Cholesterol: 0.68mg (0.23%), Sodium: 69.55mg (3.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Vitamin A: 7386.76IU (147.74%), Vitamin K: 88.11µg (83.92%), Folate: 116.53µg (29.13%), Manganese: 0.17mg (8.39%), Fiber: 1.99g (7.97%), Potassium: 251.41mg (7.18%), Vitamin C: 5.04mg (6.1%), Iron: 0.96mg (5.36%), Vitamin B1: 0.07mg (4.72%), Calcium: 42.78mg (4.28%), Vitamin B2: 0.07mg (3.93%), Phosphorus: 38.28mg (3.83%), Magnesium: 15.29mg (3.82%), Vitamin B6: 0.07mg (3.66%), Copper: 0.06mg (2.92%), Vitamin E: 0.32mg (2.16%), Vitamin B3: 0.37mg (1.86%), Zinc: 0.26mg (1.71%), Selenium: 1.18µg (1.68%), Vitamin B5: 0.16mg (1.56%)