



Romaine Salad with Parmesan Vinaigrette

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



180 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons dijon mustard
- ☐ 1 clove garlic minced
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 3 tablespoons parmesan grated
- ☐ 2 tablespoons red wine vinegar
- ☐ 2 hearts romaine lettuce chopped

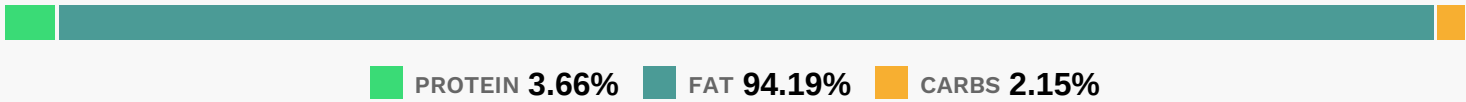
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk the Parmesan, mustard, vinegar and garlic in a small bowl.
- ☐ Whisk in the oil.
- ☐ Sprinkle the vinaigrette with salt and pepper. Toss the lettuce with the vinaigrette.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.11, Inflammation Score:-7, Nutrition Score:4.350434837134%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 180.27kcal (9.01%), Fat: 19.1g (29.38%), Saturated Fat: 3.11g (19.45%), Carbohydrates: 0.98g (0.33%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.24g (0.27%), Cholesterol: 2.55mg (0.85%), Sodium: 283.57mg (12.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Vitamin A: 1250.53IU (25.01%), Vitamin K: 25.3µg (24.1%), Vitamin E: 2.63mg (17.52%), Calcium: 52.7mg (5.27%), Folate: 19.5µg (4.88%), Phosphorus: 34.67mg (3.47%), Selenium: 1.86µg (2.65%), Manganese: 0.05mg (2.47%), Iron: 0.36mg (1.97%), Fiber: 0.42g (1.67%), Vitamin B2: 0.02mg (1.43%), Potassium: 47.93mg (1.37%), Magnesium: 5.3mg (1.33%), Vitamin B6: 0.02mg (1.24%), Vitamin B1: 0.02mg (1.18%), Zinc: 0.16mg (1.09%), Vitamin C: 0.84mg (1.02%)