



Romaine Salad with Sherry Vinaigrette and Toasted Pine Nuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



125 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 6 tablespoons pinenuts
- ☐ 12 cups torn romaine leaves
- ☐ 0.3 teaspoon salt plus more to taste
- ☐ 3 tablespoons sherry vinegar

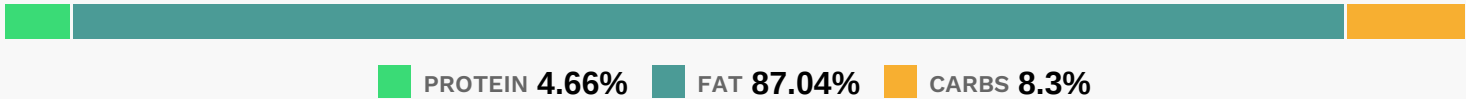
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a small bowl, whisk together olive oil, vinegar, salt, and pepper.
- ☐ Add pine nuts to a medium nonstick skillet and cook over low heat, tossing frequently, until pine nuts turn light golden and become fragrant.
- ☐ In a large bowl, gently toss romaine and pine nuts with dressing until leaves are coated lightly but thoroughly. Season with salt to taste.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.01, Inflammation Score:-10, Nutrition Score:12.128695783408%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 125.33kcal (6.27%), Fat: 12.68g (19.5%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 2.72g (0.91%), Net Carbohydrates: 1.29g (0.47%), Sugar: 0.89g (0.99%), Cholesterol: 0mg (0%), Sodium: 63.32mg (2.75%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Vitamin A: 4914.73IU (98.29%), Vitamin K: 66.26µg (63.11%), Manganese: 0.63mg (31.53%), Folate: 78.76µg (19.69%), Vitamin E: 1.84mg (12.29%), Magnesium: 23.31mg (5.83%), Fiber: 1.43g (5.73%), Copper: 0.11mg (5.4%), Iron: 0.96mg (5.31%), Phosphorus: 51.94mg (5.19%), Potassium: 178.31mg (5.09%), Vitamin B1: 0.06mg (4.17%), Zinc: 0.52mg (3.46%), Vitamin B2: 0.05mg (3.03%), Vitamin C: 2.33mg (2.82%), Vitamin B6: 0.05mg (2.38%), Vitamin B3: 0.44mg (2.21%), Calcium: 20.41mg (2.04%)