



Romaine Wedges with Tangy Blue Cheese Vinaigrette

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



179 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons anchovy paste
- ☐ 4 ounces cheese blue crumbled
- ☐ 1 garlic clove pressed
- ☐ 2 small baby greens halved lengthwise
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 0.5 small onion red thinly sliced
- ☐ 3 tablespoons balsamic vinegar white

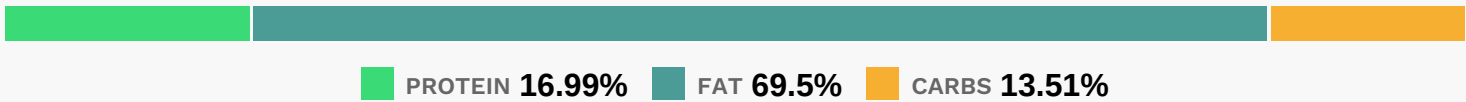
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients in medium bowl to blend.
- ☐ Whisk in cheese, leaving some whole pieces. Season with salt and generous amount of cracked pepper.
- ☐ Place romaine wedges on plates.
- ☐ Drizzle 1/4 cup dressing over center of each. Top with onion.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:1.55, Inflammation Score:-10, Nutrition Score:13.473913089089%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg

Nutrients (% of daily need)

Calories: 179.32kcal (8.97%), Fat: 13.94g (21.45%), Saturated Fat: 6.12g (38.28%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 4.66g (1.7%), Sugar: 3.2g (3.55%), Cholesterol: 23.17mg (7.72%), Sodium: 416.66mg (18.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.67g (15.34%), Vitamin A: 5138.7IU (102.77%), Vitamin K: 62.18µg (59.22%), Folate: 89.97µg (22.49%), Calcium: 181.36mg (18.14%), Phosphorus: 139.75mg (13.97%), Vitamin B2: 0.16mg (9.34%), Selenium: 6.04µg (8.63%), Potassium: 260.95mg (7.46%), Manganese: 0.14mg (6.92%), Vitamin E: 1mg (6.67%), Zinc: 0.98mg (6.54%), Vitamin B5: 0.61mg (6.12%), Vitamin B12: 0.37µg (6.09%), Vitamin B6: 0.12mg (5.96%), Fiber: 1.44g (5.74%), Iron: 0.9mg (4.99%), Magnesium: 18.99mg (4.75%), Vitamin B3: 0.94mg (4.67%), Vitamin C: 3.51mg (4.26%), Vitamin B1: 0.06mg (3.9%), Copper: 0.06mg (2.84%), Vitamin D: 0.18µg (1.2%)