



Romaine with Northwest Cranberry Salad Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



176 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cranberries dried chopped
- ☐ 1 teaspoon fennel seeds crushed
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 3 tablespoons hazelnuts toasted chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 8 cups torn romaine lettuce
- ☐ 0.3 teaspoon salt
- ☐ 0.8 teaspoon sugar

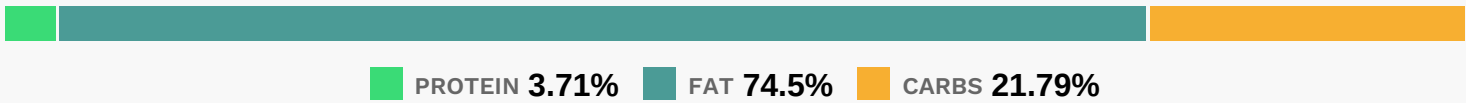
Equipment

- ☐ whisk

Directions

- ☐ Whisk together first 9 ingredients.
- ☐ Let stand at room temperature 1 hour.
- ☐ Pour dressing over lettuce; toss well.
- ☐ Sprinkle with hazelnuts before serving.

Nutrition Facts



Properties

Glycemic Index:29.85, Glycemic Load:0.52, Inflammation Score:-10, Nutrition Score:14.194782700228%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 175.78kcal (8.79%), Fat: 15.39g (23.68%), Saturated Fat: 1.92g (11.99%), Carbohydrates: 10.13g (3.38%), Net Carbohydrates: 7.73g (2.81%), Sugar: 6.56g (7.29%), Cholesterol: 0mg (0%), Sodium: 103.79mg (4.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.45%), Vitamin A: 5573.03IU (111.46%), Vitamin K: 94.7µg (90.19%), Manganese: 0.48mg (23.81%), Folate: 94.45µg (23.61%), Vitamin E: 2.72mg (18.16%), Fiber: 2.4g (9.6%), Vitamin C: 7.89mg (9.57%), Copper: 0.13mg (6.56%), Potassium: 218.11mg (6.23%), Iron: 1.11mg (6.18%), Vitamin B1: 0.08mg (5.64%), Magnesium: 19.99mg (5%), Vitamin B6: 0.1mg (4.8%), Phosphorus: 38.5mg (3.85%), Calcium: 35.63mg (3.56%), Vitamin B2: 0.05mg (3.2%), Zinc: 0.32mg (2.11%), Vitamin B3: 0.38mg (1.88%), Vitamin B5: 0.17mg (1.72%)