



Romaine with Toasted Pecans and Pickled Strawberries



Vegetarian



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



12

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons dijon mustard
- ☐ 2 teaspoons honey
- ☐ 0.5 teaspoon kosher salt
- ☐ 6 tablespoons olive oil light
- ☐ 1 cup pecan halves toasted
- ☐ 12 servings pepper freshly ground
- ☐ 3 romaine lettuce hearts

- ☐ 16 oz strawberries fresh quartered
- ☐ 0.5 cup citrus champagne vinegar
- ☐ 1 tablespoon citrus champagne vinegar

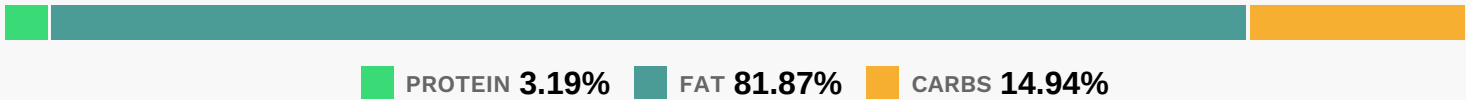
Equipment

- ☐ bowl
- ☐ whisk
- ☐ sieve

Directions

- ☐ Combine first 2 ingredients and 1 1/2 cups water in a large bowl; whisk in honey until salt is dissolved and honey is blended.
- ☐ Add strawberries; cover and let stand 1 hour.
- ☐ Pour strawberry mixture through a wire-mesh strainer into a medium bowl; reserve 2 Tbsp. liquid.
- ☐ Transfer strawberries to a bowl. Season with kosher salt and freshly ground pepper to taste.
- ☐ Whisk together 1 Tbsp. vinegar, Dijon mustard, and reserved 2 Tbsp. strawberry liquid in a bowl.
- ☐ Add oil in a slow, steady stream, whisking constantly until smooth.
- ☐ Cut lettuce hearts in half crosswise, keeping top 6 inches of each and reserving ends for another use.
- ☐ Place lettuce tops on a serving platter. Top with strawberries, pecans, and, if desired, cheese; drizzle with vinegar mixture.
- ☐ *1 (4-oz.) goat cheese log, crumbled, may be substituted.

Nutrition Facts



Properties

Glycemic Index:13.86, Glycemic Load:1.41, Inflammation Score:-5, Nutrition Score:5.9582608575406%

Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 138.61kcal (6.93%), Fat: 13.11g (20.16%), Saturated Fat: 1.49g (9.3%), Carbohydrates: 5.38g (1.79%), Net Carbohydrates: 3.62g (1.32%), Sugar: 3.23g (3.59%), Cholesterol: 0mg (0%), Sodium: 108.1mg (4.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Manganese: 0.55mg (27.53%), Vitamin C: 22.66mg (27.47%), Vitamin A: 619.99IU (12.4%), Vitamin K: 12.69µg (12.08%), Vitamin E: 1.25mg (8.31%), Fiber: 1.76g (7.03%), Copper: 0.12mg (6.2%), Folate: 20.51µg (5.13%), Vitamin B1: 0.07mg (4.68%), Magnesium: 16.92mg (4.23%), Phosphorus: 36.03mg (3.6%), Potassium: 116.59mg (3.33%), Iron: 0.55mg (3.06%), Zinc: 0.46mg (3.04%), Vitamin B6: 0.04mg (2.07%), Calcium: 15.97mg (1.6%), Vitamin B2: 0.02mg (1.46%), Vitamin B3: 0.27mg (1.36%), Vitamin B5: 0.13mg (1.33%), Selenium: 0.79µg (1.13%)