



Shredded Red Leaf Salad with Creamy Red Wine Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN



8 min.

SERVINGS



4

CALORIES



252 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 head lettuce dried red washed cut into large chiffonade
- 0.5 cup mayonnaise
- 1 tablespoons olive oil
- 25 grinds pepper black freshly ground
- 0.3 cup red wine vinegar
- 4 servings salt
- 0.5 large shallots minced

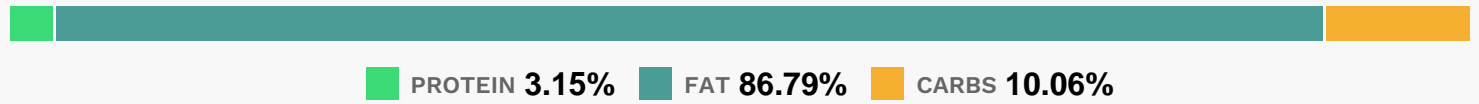
Equipment

- bowl
- whisk

Directions

- Whisk together shallot, mayonnaise, vinegar, and pepper in a large bowl. Slowly whisk in olive oil until homogenous. Season with salt, to taste.
- Add lettuce to bowl and toss to coat with dressing.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.98, Inflammation Score:-10, Nutrition Score:14.878260837949%

Flavonoids

Cyanidin: 2.43mg, Cyanidin: 2.43mg, Cyanidin: 2.43mg, Cyanidin: 2.43mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg

Nutrients (% of daily need)

Calories: 252.16kcal (12.61%), Fat: 24.82g (38.19%), Saturated Fat: 3.87g (24.18%), Carbohydrates: 6.47g (2.16%), Net Carbohydrates: 4.09g (1.49%), Sugar: 0.82g (0.91%), Cholesterol: 11.76mg (3.92%), Sodium: 393.79mg (17.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.06%), Vitamin K: 166.15µg (158.24%), Vitamin A: 5840.08IU (116.8%), Manganese: 0.97mg (48.62%), Vitamin E: 1.6mg (10.7%), Iron: 1.72mg (9.55%), Fiber: 2.38g (9.51%), Folate: 31.33µg (7.83%), Potassium: 249.46mg (7.13%), Calcium: 57.63mg (5.76%), Copper: 0.11mg (5.72%), Vitamin B6: 0.11mg (5.42%), Magnesium: 21.5mg (5.37%), Vitamin B2: 0.08mg (4.51%), Vitamin B1: 0.06mg (4.06%), Phosphorus: 40.46mg (4.05%), Vitamin C: 3.18mg (3.86%), Selenium: 2.15µg (3.07%), Vitamin B5: 0.26mg (2.56%), Zinc: 0.29mg (1.92%), Vitamin B3: 0.33mg (1.63%)