



Spring Goddess Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



269 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 fillet anchovy dry rinsed roughly chopped
- 0.3 cucumber english sliced
- 0.3 cup cilantro leaves fresh
- 1 garlic clove
- 0.5 cup mayonnaise
- 0.5 onion red halved thinly sliced
- 1 tablespoon red wine vinegar
- 2 hearts romaine chopped

4 servings salt and pepper black freshly ground

0.5 cup cup heavy whipping cream sour

Equipment

food processor

bowl

Directions

In a large bowl combine onion slices and romaine. Set aside.

In a food processor, combine all the dressing ingredients and puree until smooth. Adjust seasoning, to taste.

Pour half of the dressing over salad and toss. Refrigerate remaining dressing.

Nutrition Facts

 **PROTEIN 3.26%** **FAT 88.42%** **CARBS 8.32%**

Properties

Glycemic Index:42.75, Glycemic Load:0.45, Inflammation Score:-10, Nutrition Score:13.34173913624%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 268.86kcal (13.44%), Fat: 26.79g (41.21%), Saturated Fat: 6.23g (38.93%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 4.09g (1.49%), Sugar: 2.73g (3.03%), Cholesterol: 29.32mg (9.77%), Sodium: 194.1mg (8.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.45%), Vitamin K: 110.39µg (105.13%), Vitamin A: 5207.02IU (104.14%), Folate: 84.64µg (21.16%), Manganese: 0.16mg (7.86%), Vitamin E: 1.14mg (7.61%), Potassium: 243.57mg (6.96%), Fiber: 1.58g (6.33%), Vitamin B2: 0.11mg (6.27%), Calcium: 60.25mg (6.03%), Phosphorus: 56.99mg (5.7%), Vitamin C: 4.58mg (5.56%), Vitamin B6: 0.09mg (4.62%), Iron: 0.8mg (4.43%), Vitamin B1: 0.06mg (4.23%), Magnesium: 16.06mg (4.01%), Selenium: 2.54µg (3.63%), Vitamin B5: 0.31mg (3.08%), Copper: 0.06mg (2.95%), Zinc: 0.36mg (2.41%), Vitamin B3: 0.4mg (1.98%), Vitamin B12: 0.1µg (1.67%)