



Summer Chopped Salad with Ranch Dressing

 Vegetarian  Gluten Free

READY IN



27 min.

SERVINGS



4

CALORIES



526 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 servings pepper black freshly ground
- 1 cup broccoli florets
- 0.3 cup buttermilk
- 1 cup cherry tomatoes halved
- 1 kirby cucumber with peel, chopped
- 2 tablespoons chives fresh minced
- 1 cup corn kernels fresh (from 2 ears of corn)
- 2 tablespoons flat-leaf parsley fresh minced

- 1 clove garlic
- 4 cups torn greens mixed such as arugula, romaine, and watercress
- 0.5 teaspoon kosher salt
- 4 servings kosher salt
- 1 cup mayonnaise
- 8 ounces red-skinned potatoes halved
- 1 scallion white green thinly sliced (and parts)
- 1 cup sprouts such as alfalfa, broccoli, radish, or pea, optional
- 1 cup turtle beans fresh green chopped
- 1 teaspoon citrus champagne vinegar

Equipment

- bowl
- sauce pan
- knife
- whisk
- pot
- sieve
- slotted spoon

Directions

- Put the potatoes in a small saucepan with enough cold water to cover and season with salt. Bring to a boil and then simmer, uncovered, until just tender, about 5 minutes.
- Drain and put in a large bowl.
- Bring a medium pot of water to a boil and salt it generously. Fill a medium bowl with ice water and salt it as well.
- Add the corn, beans, and broccoli to the boiling water and cook until crisp-tender, about 2 minutes. Use a slotted spoon or strainer to scoop out the vegetables and plunge them immediately into the ice water.

- Drain the vegetables, pat them dry, and add to the bowl of potatoes along with the tomatoes and cucumber. Toss the salad with 1/2 cup of the dressing. Taste, and add more salt and pepper, if desired. (The salad may be prepared up to this point 2 hours ahead and refrigerated.)
- When ready to serve, toss the salad with the greens and the sprouts, if desired, and with a bit more dressing if you like your salad on the well-dressed side. Pass the remaining dressing at the table.
- Know-How: Immersing vegetables in boiling salted water and then plunging them into ice water is called blanching and refreshing. Having the water at a full rolling boil before adding the vegetables, as well as cooking uncovered, is the key to keeping green vegetables vibrant.
- Smash the garlic clove, sprinkle with the salt, and, with the side of a large knife, mash and smear the mixture to a coarse paste. Scrape the paste into a small bowl, add the remaining ingredients, and whisk well to make a creamy dressing. Use immediately or refrigerate in a tightly sealed container for up to 3 days.

Nutrition Facts

■ PROTEIN **5.52%**
■ FAT **72.71%**
■ CARBS **21.77%**

Properties

Glycemic Index:88.75, Glycemic Load:2.16, Inflammation Score:-9, Nutrition Score:22.184347712475%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 3.73mg, Kaempferol: 3.73mg, Kaempferol: 3.73mg, Kaempferol: 3.73mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 526.41kcal (26.32%), Fat: 43.63g (67.12%), Saturated Fat: 7.15g (44.67%), Carbohydrates: 29.39g (9.8%), Net Carbohydrates: 24.64g (8.96%), Sugar: 7.14g (7.94%), Cholesterol: 25.72mg (8.57%), Sodium: 912.92mg (39.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.92%), Vitamin K: 187.56µg (178.63%), Vitamin C: 84.19mg (102.05%), Folate: 153.29µg (38.32%), Vitamin A: 1374.8IU (27.5%), Potassium: 939.81mg (26.85%), Manganese: 0.43mg (21.56%), Phosphorus: 193.95mg (19.39%), Fiber: 4.75g (18.99%), Magnesium: 73.22mg (18.3%), Vitamin B6: 0.34mg (16.75%), Vitamin E: 2.5mg (16.66%), Iron: 2.6mg (14.43%), Copper: 0.29mg (14.38%), Vitamin B1: 0.2mg (13.58%), Vitamin B5: 1.14mg (11.44%), Vitamin B2: 0.19mg (11.11%), Calcium: 109.8mg (10.98%), Vitamin B3: 2.1mg (10.51%), Zinc: 1.25mg (8.34%), Selenium: 4.22µg (6.02%), Vitamin B12: 0.16µg (2.65%),

Vitamin D: 0.37µg (2.48%)