



Super Simple Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



2 min.

SERVINGS



3

CALORIES



96 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 servings coarse salt and pepper black
- ☐ 2 teaspoons dijon mustard
- ☐ 2 sprigs tarragon fresh
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 hearts romaine
- ☐ 1 small shallots peeled halved
- ☐ 1 teaspoon sugar
- ☐ 3 tablespoons citrus champagne vinegar (3 1 tablespoones)

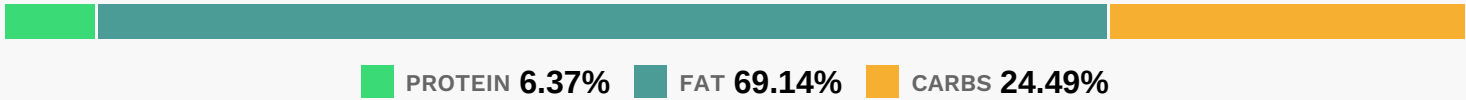
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Combine tarragon, vinegar, sugar, shallot, and mustard in a processor bowl. Turn the food processor on and pour oil into the food processor in a slow stream. When dressing is combined and emulsified, turn off the processor and pour the dressing over romaine hearts.

Nutrition Facts



Properties

Glycemic Index:67.36, Glycemic Load:1.68, Inflammation Score:-10, Nutrition Score:12.767391298128%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 96.4kcal (4.82%), Fat: 7.65g (11.77%), Saturated Fat: 1.06g (6.61%), Carbohydrates: 6.09g (2.03%), Net Carbohydrates: 4g (1.46%), Sugar: 2.93g (3.26%), Cholesterol: 0mg (0%), Sodium: 239.67mg (10.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.17%), Vitamin A: 6620.23IU (132.4%), Vitamin K: 81.67µg (77.78%), Folate: 109.17µg (27.29%), Manganese: 0.27mg (13.43%), Fiber: 2.09g (8.36%), Iron: 1.42mg (7.91%), Vitamin E: 1.15mg (7.66%), Potassium: 265.16mg (7.58%), Vitamin B6: 0.12mg (5.95%), Vitamin C: 4.43mg (5.38%), Magnesium: 19.13mg (4.78%), Calcium: 46.34mg (4.63%), Vitamin B1: 0.07mg (4.59%), Vitamin B2: 0.07mg (4.26%), Phosphorus: 36.57mg (3.66%), Copper: 0.06mg (2.84%), Selenium: 1.6µg (2.29%), Vitamin B3: 0.39mg (1.95%), Zinc: 0.29mg (1.9%), Vitamin B5: 0.14mg (1.41%)