



 71%
HEALTH SCORE

Technicolored Romaine Salad Cups with Lemon Pecorino Dressing

 Gluten Free  Very Healthy

READY IN



20 min.

SERVINGS



8

CALORIES



149 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cucumber diced english peeled
- 1 clove garlic smashed
- 0.3 cup juice of lemon fresh (1 large lemon or 2 small lemons)
- 0.3 cup olive oil
- 1 and orange peppers diced cored seeded
- 0.5 cup pecorino cheese grated
- 25 grinds pepper black

- 1 bell pepper diced red cored seeded
- 3 baby greens
- 3 pinches few salt
- 1 pint baby tomatoes halved
- 1 bell pepper diced yellow cored seeded

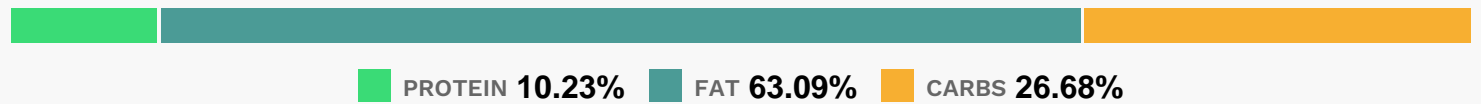
Equipment

- bowl

Directions

- Cut off the brown and white tips of the romaine hearts then peel away the outer leaves; use just the ones that look like they'd make good serving cups. Chop up the remaining lettuce and set out in serving bowls along with all the other salad ingredients.
- Make the dressing by combing all ingredients in a sealable container and shaking. The kids can do that.
- Let kids decide what they want in their salad cups and how much dressing they'd like.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:1.46, Inflammation Score:-10, Nutrition Score:19.010000035167%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 149.05kcal (7.45%), Fat: 11.21g (17.25%), Saturated Fat: 2.43g (15.17%), Carbohydrates: 10.67g (3.56%), Net Carbohydrates: 7.3g (2.65%), Sugar: 4.2g (4.66%), Cholesterol: 6.5mg (2.17%), Sodium: 229.87mg (9.99%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.18%), Vitamin A: 5227.68IU (104.55%), Vitamin C: 79.29mg (96.11%), Vitamin K: 66.39µg (63.23%), Manganese: 0.62mg (31.04%), Folate: 89.18µg (22.3%), Vitamin E: 2.21mg (14.74%), Fiber: 3.37g (13.47%), Potassium: 450.66mg (12.88%), Vitamin B6: 0.23mg (11.39%), Calcium: 111.28mg (11.13%), Phosphorus: 100.83mg (10.08%), Magnesium: 31.13mg (7.78%), Iron: 1.29mg (7.15%), Copper: 0.14mg (6.87%), Vitamin B2: 0.11mg (6.55%), Vitamin B1: 0.09mg (6.07%), Vitamin B3: 0.99mg (4.97%), Vitamin B5: 0.41mg (4.12%), Zinc: 0.58mg (3.86%), Selenium: 1.48µg (2.11%), Vitamin B12: 0.07µg (1.17%)