



The House Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 large head boston lettuce
- ☐ 2.5 tablespoons crème fraîche
- ☐ 0.5 teaspoon pepper fresh
- ☐ 1 teaspoon honey
- ☐ 1 small jicama peeled cut into 1/4-inch matchsticks (roughly 1/2 cup)
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 cup parmesan

- ☐ 0.3 cup pomegranate seeds
- ☐ 1 spring onion white finely chopped
- ☐ 0.5 teaspoon sea salt

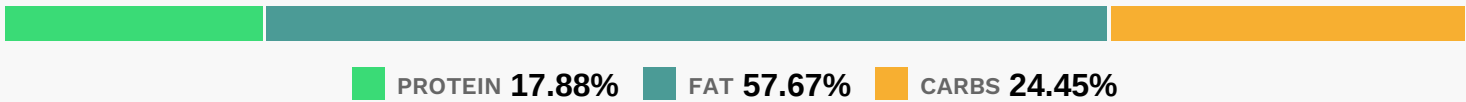
Equipment

- ☐ whisk

Directions

- ☐ To make the dressing, whisk together the crème fraîche, olive oil, and honey.
- ☐ Add the scallion, vinegar, salt, and pepper and whisk again. Taste and add salt and pepper to taste, or a touch more vinegar if you prefer your dressing on the acidic side.
- ☐ Gently pull the lettuce leaves from the head, making sure they are dry. Gently toss the leaves and jicama with the dressing. Assemble in a stack on each of 4 plates, starting with the largest leaves on the bottom to create a base.
- ☐ Garnish each salad with a quarter of the pomegranate seeds and the cheese shavings.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:66.32, Glycemic Load:2.96, Inflammation Score:-8, Nutrition Score:13.093913111998%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 234.53kcal (11.73%), Fat: 15.26g (23.47%), Saturated Fat: 5.88g (36.74%), Carbohydrates: 14.56g (4.85%), Net Carbohydrates: 8.95g (3.25%), Sugar: 5.89g (6.55%), Cholesterol: 21.42mg (7.14%), Sodium: 700.72mg

(30.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.64g (21.28%), Vitamin K: 55.57µg (52.93%), Calcium: 334.3mg (33.43%), Vitamin A: 1642.06IU (32.84%), Vitamin C: 21.97mg (26.64%), Fiber: 5.61g (22.44%), Phosphorus: 216.17mg (21.62%), Folate: 50.09µg (12.52%), Vitamin E: 1.69mg (11.24%), Manganese: 0.21mg (10.36%), Selenium: 6.91µg (9.87%), Vitamin B2: 0.16mg (9.3%), Potassium: 316.61mg (9.05%), Iron: 1.44mg (7.98%), Magnesium: 31.08mg (7.77%), Zinc: 1.01mg (6.73%), Vitamin B6: 0.11mg (5.54%), Vitamin B12: 0.32µg (5.26%), Copper: 0.09mg (4.43%), Vitamin B1: 0.06mg (4.25%), Vitamin B5: 0.38mg (3.81%), Vitamin B3: 0.46mg (2.32%)