



Tomatoes With Sausage and Green Goddess Dressing

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground plus more to taste
- ☐ 4 fillet anchovy canned chopped
- ☐ 12 ounces chicken sausages low-fat
- ☐ 2 tablespoons chives plus more for garnish chopped
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 2 tablespoons tarragon leaves fresh plus more for garnish chopped
- ☐ 0.8 cup mayonnaise reduced-fat

- ☐ 0.8 cup cup heavy whipping cream sour low-fat
- ☐ 8 ounces salad greens mixed
- ☐ 1 cup quinoa dried
- ☐ 6 ounces onion red thinly sliced
- ☐ 4 servings salad
- ☐ 4 servings dressing
- ☐ 0.3 cup tarragon vinegar
- ☐ 1.5 pounds tomatoes ripe thinly sliced

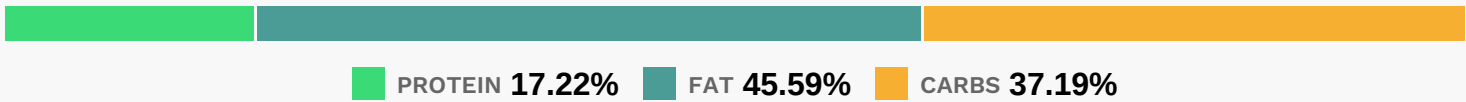
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ cutting board

Directions

- ☐ Combine all dressing ingredients in a blender. Blend well, scraping down sides of blender several times to incorporate all ingredients; reserve.
- ☐ Combine quinoa with 2 cups water in a medium saucepan; bring to a simmer. Cook, covered, over low heat, until water has been absorbed and quinoa is tender (about 12 minutes); reserve.
- ☐ Cook the sausages in a skillet with 1/4-inch water, over medium heat, turning occasionally. Continue cooking until the water evaporates and sausages brown slightly (about 10 minutes); transfer to a cutting board, and slice into 1-inch pieces.
- ☐ Scatter the quinoa over a large platter. Arrange salad greens, tomatoes, onion, and sausages over quinoa; drizzle with the reserved dressing.
- ☐ Sprinkle salad with tarragon, chives, and a final dash of coarse black pepper.

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:3.76, Inflammation Score:-10, Nutrition Score:31.19826095778%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.23mg, Isorhamnetin: 2.23mg, Isorhamnetin: 2.23mg, Isorhamnetin: 2.23mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 1.35mg, Myricetin: 1.35mg, Myricetin: 1.35mg, Myricetin: 1.35mg Quercetin: 9.71mg, Quercetin: 9.71mg, Quercetin: 9.71mg, Quercetin: 9.71mg

Nutrients (% of daily need)

Calories: 570.85kcal (28.54%), Fat: 29.68g (45.67%), Saturated Fat: 7.33g (45.78%), Carbohydrates: 54.47g (18.16%), Net Carbohydrates: 48.18g (17.52%), Sugar: 9.2g (10.22%), Cholesterol: 83.12mg (27.71%), Sodium: 1342.6mg (58.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.22g (50.45%), Vitamin K: 163.46µg (155.67%), Manganese: 1.57mg (78.66%), Vitamin A: 3838.75IU (76.77%), Vitamin C: 63.07mg (76.44%), Folate: 176.74µg (44.19%), Magnesium: 139.99mg (35%), Phosphorus: 341.86mg (34.19%), Potassium: 1133.89mg (32.4%), Iron: 5.59mg (31.07%), Vitamin B6: 0.58mg (28.82%), Fiber: 6.3g (25.2%), Copper: 0.47mg (23.68%), Vitamin E: 3.14mg (20.92%), Vitamin B1: 0.3mg (20.18%), Vitamin B2: 0.34mg (19.96%), Calcium: 177.9mg (17.79%), Zinc: 2.38mg (15.87%), Vitamin B3: 2.89mg (14.47%), Selenium: 7.63µg (10.9%), Vitamin B5: 0.72mg (7.18%), Vitamin B12: 0.19µg (3.18%)