

# Wedge Salad

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



3

CALORIES



360 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 8 cherry tomatoes halved
- 1 tbsp dijon mustard
- 1 egg yolk
- 2 eggs peeled for 12 minutes, and cut into quarters
- 2 tbsp gorgonzola crumbled
- 1 tbsp coarse mustard
- 1 head lettuce cored cut into wedges
- 1 lemon zest

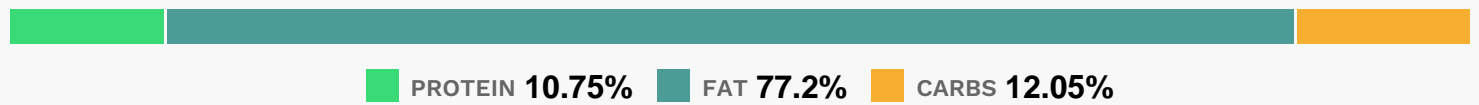
- 0.3 cup olive oil light
- 0.5 cup turtle beans yellow cut into bite-sized pieces
- 3 servings salt and pepper to taste

## Equipment

## Directions

- See the full recipe at [Because I Like Chocolate](#).

## Nutrition Facts



## Properties

Glycemic Index:57.5, Glycemic Load:1.64, Inflammation Score:-8, Nutrition Score:16.570434860561%

## Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

## Nutrients (% of daily need)

Calories: 360.08kcal (18%), Fat: 31.78g (48.89%), Saturated Fat: 6.61g (41.33%), Carbohydrates: 11.16g (3.72%), Net Carbohydrates: 7.66g (2.78%), Sugar: 5.01g (5.56%), Cholesterol: 180.92mg (60.31%), Sodium: 481.46mg (20.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.95g (19.9%), Vitamin K: 59.52µg (56.69%), Folate: 124.07µg (31.02%), Vitamin E: 4.55mg (30.37%), Vitamin A: 1446.91IU (28.94%), Vitamin C: 23.86mg (28.93%), Selenium: 17.53µg (25.04%), Phosphorus: 192.06mg (19.21%), Manganese: 0.33mg (16.34%), Vitamin B2: 0.26mg (15.47%), Potassium: 521.22mg (14.89%), Fiber: 3.5g (14.02%), Iron: 2.48mg (13.79%), Calcium: 135.26mg (13.53%), Vitamin B5: 1.04mg (10.43%), Vitamin B6: 0.2mg (10.24%), Magnesium: 38.1mg (9.53%), Vitamin B1: 0.13mg (8.93%), Zinc: 1.32mg (8.8%), Vitamin B12: 0.49µg (8.2%), Copper: 0.14mg (7.18%), Vitamin D: 0.96µg (6.38%), Vitamin B3: 0.64mg (3.19%)