



Caesar Iceberg Wedges

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



275 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup caesar dressing
- ☐ 1 small head iceberg lettuce cut into 4 wedges
- ☐ 0.3 cup parmesan cheese shaved

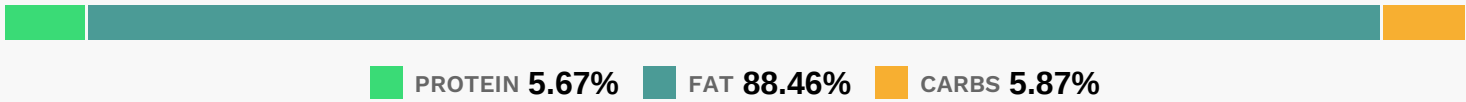
Equipment

Directions

- ☐ Pour dressing evenly over lettuce wedges; sprinkle evenly with cheese.

Note: For testing purposes only, we used Ken's Steak House Caesar Dressing.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.51, Inflammation Score:-4, Nutrition Score:6.708695574947%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 274.66kcal (13.73%), Fat: 27.2g (41.84%), Saturated Fat: 4.91g (30.71%), Carbohydrates: 4.06g (1.35%), Net Carbohydrates: 2.87g (1.04%), Sugar: 2.88g (3.2%), Cholesterol: 21.43mg (7.14%), Sodium: 641.38mg (27.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Vitamin K: 65.89µg (62.76%), Vitamin E: 2.25mg (14.99%), Calcium: 109.73mg (10.97%), Vitamin A: 470.41IU (9.41%), Phosphorus: 67.95mg (6.79%), Folate: 24.81µg (6.2%), Manganese: 0.12mg (5.96%), Iron: 0.86mg (4.77%), Fiber: 1.19g (4.77%), Potassium: 132.74mg (3.79%), Selenium: 2.19µg (3.13%), Vitamin C: 2.4mg (2.91%), Vitamin B1: 0.04mg (2.67%), Vitamin B2: 0.05mg (2.67%), Vitamin B6: 0.05mg (2.54%), Magnesium: 9.3mg (2.33%), Zinc: 0.34mg (2.28%), Vitamin B12: 0.09µg (1.47%), Vitamin B5: 0.14mg (1.39%), Copper: 0.03mg (1.33%)