



Creamy Chipotle Wedge Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



142 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 chipotle chile canned
- 1 green onion cut into 2-inch pieces
- 0.5 head iceberg lettuce cored quartered
- 0.5 cup ranch dressing light fresh (such as Naturally)

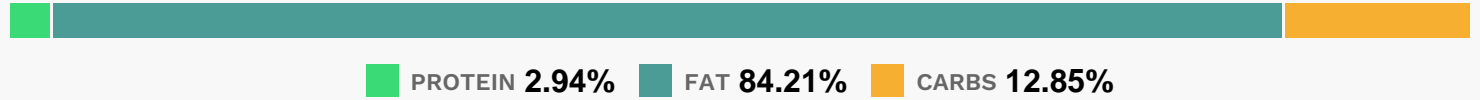
Equipment

- blender

Directions

- Place first 3 ingredients in a blender; process until smooth.
- Serve over lettuce wedges.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.43, Inflammation Score:-4, Nutrition Score:5.3978260969338%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 141.89kcal (7.09%), Fat: 13.45g (20.69%), Saturated Fat: 2.1g (13.13%), Carbohydrates: 4.62g (1.54%), Net Carbohydrates: 3.35g (1.22%), Sugar: 3.05g (3.39%), Cholesterol: 7.8mg (2.6%), Sodium: 277.55mg (12.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.11%), Vitamin K: 62.65µg (59.66%), Vitamin A: 379.72IU (7.59%), Phosphorus: 70.39mg (7.04%), Folate: 22.66µg (5.66%), Vitamin E: 0.8mg (5.36%), Manganese: 0.1mg (5.08%), Fiber: 1.26g (5.05%), Potassium: 122.48mg (3.5%), Vitamin B5: 0.3mg (3.03%), Vitamin C: 2.45mg (2.97%), Iron: 0.5mg (2.78%), Vitamin B2: 0.05mg (2.67%), Calcium: 22.69mg (2.27%), Vitamin B1: 0.03mg (2.25%), Vitamin B6: 0.04mg (1.96%), Magnesium: 6.82mg (1.7%), Selenium: 1.14µg (1.62%), Copper: 0.03mg (1.25%), Zinc: 0.16mg (1.09%)