



WHATSheATE



HEALTH SCORE

100%

Dressed Little Gems



Gluten Free



Very Healthy

READY IN



15 min.

SERVINGS



8

CALORIES



179 kcal

SIDE DISH

Ingredients



4 tbsp canola oil



1 tbsp balsamic vinegar dark white



4 little gem lettuces cut into wedges



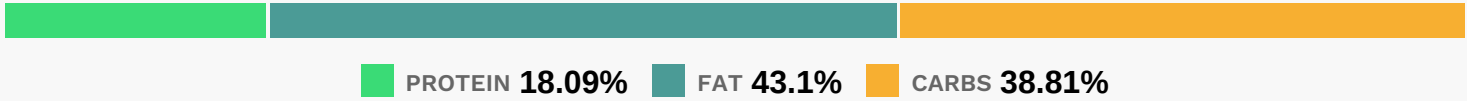
50 g parmesan

Equipment

Directions

- ☐
- Mix the oil and vinegar with a generous pinch of salt (preferably flakes) to make the dressing.
- ☐
- Pack the lettuce into a plastic food container with ice to keep it fresh. Take the dressing and cheese into smaller containers. Arrange the lettuce on a platter, drizzle with the dressing and scatter with the cheese.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:4.3, Inflammation Score:-9, Nutrition Score:24.550869566591%

Nutrients (% of daily need)

Calories: 178.78kcal (8.94%), Fat: 9.63g (14.82%), Saturated Fat: 2.08g (13.03%), Carbohydrates: 19.52g (6.51%), Net Carbohydrates: 13.29g (4.83%), Sugar: 12.81g (14.24%), Cholesterol: 4.25mg (1.42%), Sodium: 111.92mg (4.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.2%), Vitamin C: 96.31mg (116.73%), Vitamin B6: 1.24mg (62.03%), Manganese: 1mg (49.76%), Vitamin B2: 0.83mg (48.54%), Potassium: 1492.22mg (42.63%), Folate: 164.72µg (41.18%), Phosphorus: 259.02mg (25.9%), Fiber: 6.23g (24.93%), Magnesium: 99.29mg (24.82%), Vitamin A: 1181.81IU (23.64%), Vitamin B1: 0.27mg (18.29%), Vitamin K: 17.1µg (16.29%), Calcium: 159.51mg (15.95%), Copper: 0.29mg (14.57%), Vitamin B3: 2.78mg (13.88%), Zinc: 1.82mg (12.11%), Iron: 2.05mg (11.38%), Vitamin B5: 0.91mg (9.06%), Vitamin E: 0.69mg (4.62%), Selenium: 2.54µg (3.63%), Vitamin B12: 0.08µg (1.25%)