






 **10%**
HEALTH SCORE

Roasted Cabbage Wedge Salad with Yogurt Gorgonzola Dressing

 **Gluten Free**  **Popular**

READY IN

45 min.

SERVINGS

4

CALORIES

201 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

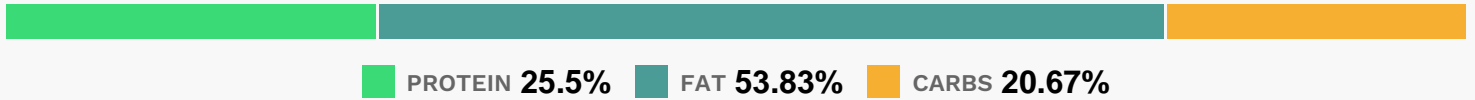
Ingredients

- 2 strips bacon
- 1 clove garlic minced
- 0.7 c cheese blue crumbled (or other cheese)
- 0.5 cup grape tomatoes chopped
- 1 tsp olive oil extra virgin
- 0.5 head cabbage green
- 0.5 juice of lemon

- 1 cup greek yogurt plain
- 4 servings salt and pepper freshly-ground
- 1 T spring onion chopped
- 2 T spring onion chopped

Equipment

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:2.12, Inflammation Score:-6, Nutrition Score:15.867391304348%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 200.85kcal (10.04%), Fat: 12.31g (18.93%), Saturated Fat: 5.93g (37.04%), Carbohydrates: 10.63g (3.54%), Net Carbohydrates: 7.43g (2.7%), Sugar: 6.08g (6.75%), Cholesterol: 26.64mg (8.88%), Sodium: 565.63mg (24.59%), Protein: 13.11g (26.23%), Vitamin K: 98.28µg (93.6%), Vitamin C: 46.62mg (56.51%), Calcium: 227.07mg (22.71%), Phosphorus: 208.01mg (20.8%), Vitamin B2: 0.29mg (17.02%), Folate: 66.85µg (16.71%), Selenium: 10.9µg (15.57%), Vitamin B6: 0.27mg (13.4%), Fiber: 3.21g (12.82%), Potassium: 406.31mg (11.61%), Manganese: 0.23mg (11.56%), Vitamin B12: 0.68µg (11.32%), Vitamin A: 489.28IU (9.79%), Vitamin B5: 0.89mg (8.86%), Vitamin B1: 0.13mg (8.59%), Zinc: 1.26mg (8.39%), Magnesium: 28.98mg (7.25%), Vitamin B3: 1.19mg (5.93%), Iron: 0.82mg (4.58%), Vitamin E: 0.57mg (3.82%), Copper: 0.06mg (3.07%), Vitamin D: 0.16µg (1.04%)