



Greek Iceberg Wedges

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



75 kcal

SIDE DISH

Ingredients

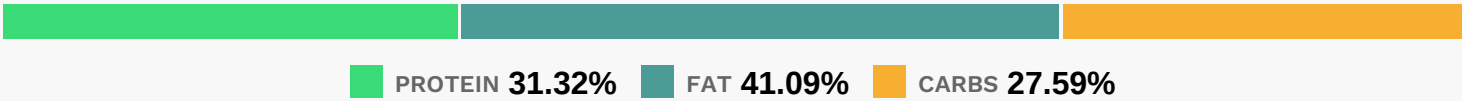
- ☐ 0.3 cup olives black ripe chopped
- ☐ 0.3 cup feta cheese crumbled
- ☐ 0.8 cup greek dressing
- ☐ 1 small head iceberg lettuce cut into 4 wedges
- ☐ 0.3 cup onion red chopped

Equipment

Directions

- ☐
- Pour dressing evenly over lettuce wedges; sprinkle evenly with cheese, red onion, and olives.
- ☐
- Note: For testing purposes only, we used Athenos Greek With Feta Cheese Mediterranean Dressing.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.76, Inflammation Score:-4, Nutrition Score:5.8813043366308%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 75.29kcal (3.76%), Fat: 3.57g (5.49%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 5.39g (1.8%), Net Carbohydrates: 3.97g (1.44%), Sugar: 3.29g (3.66%), Cholesterol: 10.22mg (3.41%), Sodium: 260.5mg (11.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.24%), Vitamin K: 19.85µg (18.9%), Vitamin B2: 0.21mg (12.24%), Calcium: 109.11mg (10.91%), Phosphorus: 102.03mg (10.2%), Vitamin A: 481.04IU (9.62%), Folate: 31.27µg (7.82%), Selenium: 5.33µg (7.61%), Vitamin B12: 0.42µg (7.02%), Manganese: 0.12mg (6.01%), Fiber: 1.42g (5.68%), Vitamin B6: 0.11mg (5.62%), Potassium: 191.04mg (5.46%), Vitamin B1: 0.06mg (4.15%), Zinc: 0.61mg (4.07%), Vitamin C: 3.01mg (3.65%), Magnesium: 13.5mg (3.38%), Vitamin E: 0.49mg (3.27%), Vitamin B5: 0.3mg (3.03%), Iron: 0.48mg (2.68%), Copper: 0.04mg (2.18%), Vitamin B3: 0.3mg (1.52%)