



Green Goddess Dressing over Iceberg Wedges

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

12 min.

SERVINGS

servings

5

CALORIES

calories

189 kcal

SIDE DISH

Ingredients

- ☐ 2 medium avocados pitted peeled chopped
- ☐ 1 tablespoon basil leaves roughly chopped
- ☐ 5 servings pepper black freshly ground
- ☐ 1 clove garlic minced
- ☐ 1 head iceberg lettuce cut into 5 wedges
- ☐ 2 tablespoons juice of lime
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 5 servings grey salt

- ☐ 1 tablespoon tarragon leaves roughly chopped
- ☐ 0.1 teaspoon vitamin c
- ☐ 0.1 teaspoon vitamin c

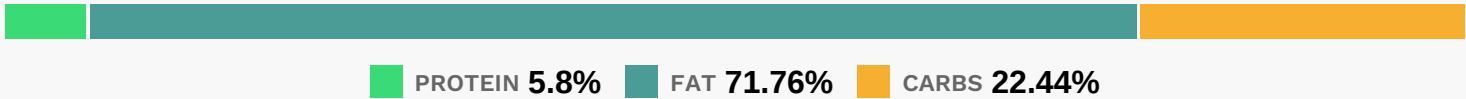
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ In a food processor, combine avocado cubes, lemon or lime juice, basil, tarragon, garlic, and asorbic acid. Blend until smooth. With the motor running, slowly pour in olive oil to make a thick, creamy dressing. If dressing is too thick to pour, add water, a few tablespoons at a time, to reach the desired consistency.
- ☐ Pour into a bowl, season, to taste, with salt and pepper and cover. Refrigerate until chilled.
- ☐ To serve, pour dressing over iceberg wedges.

Nutrition Facts



Properties

Glycemic Index:54.8, Glycemic Load:1.69, Inflammation Score:-7, Nutrition Score:12.100434876007%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 188.79kcal (9.44%), Fat: 16.4g (25.24%), Saturated Fat: 2.36g (14.73%), Carbohydrates: 11.54g (3.85%), Net Carbohydrates: 4.69g (1.71%), Sugar: 2.76g (3.07%), Cholesterol: 0mg (0%), Sodium: 211.41mg (9.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.97%), Vitamin K: 47.33µg (45.08%), Fiber: 6.85g (27.41%), Folate: 101.13µg (25.28%), Manganese: 0.39mg (19.47%), Potassium: 596.24mg (17.04%), Vitamin C: 13.82mg (16.75%), Vitamin E: 2.5mg (16.66%), Vitamin A: 742.04IU (14.84%), Vitamin B6: 0.3mg (14.81%), Vitamin B5: 1.23mg (12.28%), Copper: 0.2mg (9.78%), Magnesium: 36.78mg (9.2%), Vitamin B2: 0.15mg (8.96%), Vitamin B3: 1.67mg (8.37%), Iron: 1.4mg (7.78%), Phosphorus: 69.89mg (6.99%), Vitamin B1: 0.1mg (6.97%), Zinc: 0.75mg (4.98%), Calcium: 48.24mg (4.82%)