



Grilled Romaine

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



10 min.

SERVINGS



2

CALORIES



125 kcal

SIDE DISH

Ingredients

- 1 juice of lemon juiced
- 1 tablespoon olive oil
- 1 head romaine lettuce cut in half lengthwise
- 1 tablespoon steak seasoning

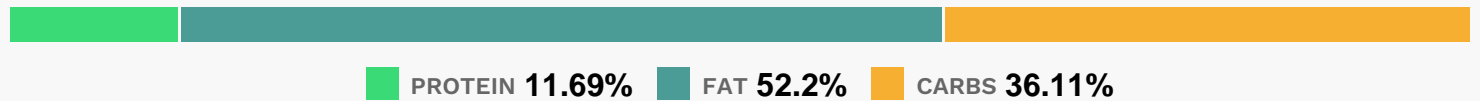
Equipment

- grill

Directions

- Preheat grill for medium heat and lightly oil the grate.
- Drizzle olive oil over romaine lettuce and season with steak seasoning.
- Place lettuce cut side-down on preheated grill. Cook until lettuce is slightly wilted and charred, about 5 minutes.
- Drizzle with lemon juice to serve.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:23.331304363582%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg

Nutrients (% of daily need)

Calories: 124.53kcal (6.23%), Fat: 8.13g (12.5%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 12.64g (4.21%), Net Carbohydrates: 5.8g (2.11%), Sugar: 4.16g (4.63%), Cholesterol: 0mg (0%), Sodium: 25.87mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.19%), Vitamin A: 27315.84IU (546.32%), Vitamin K: 341.15µg (324.9%), Folate: 431.44µg (107.86%), Manganese: 0.62mg (31.2%), Fiber: 6.84g (27.38%), Potassium: 802.31mg (22.92%), Vitamin C: 18.57mg (22.5%), Iron: 3.79mg (21.07%), Vitamin B1: 0.23mg (15.62%), Vitamin B6: 0.26mg (13.25%), Vitamin B2: 0.22mg (12.69%), Calcium: 124.18mg (12.42%), Magnesium: 49.2mg (12.3%), Phosphorus: 98.52mg (9.85%), Vitamin E: 1.46mg (9.76%), Copper: 0.17mg (8.47%), Zinc: 0.79mg (5.27%), Vitamin B3: 1.05mg (5.26%), Vitamin B5: 0.46mg (4.64%), Selenium: 1.41µg (2.02%)