



WHATSheATE



HEALTH SCORE

57%

Grilled Romaine Lettuce



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



20 min.

SERVINGS



3

CALORIES



144 kcal

SIDE DISH

Ingredients



3 to 4 romaine hearts



3 tablespoons olive oil extra virgin



1 tablespoon red wine vinegar (or cider vinegar)



2 teaspoons herbs such as rosemary mixed dried fresh chopped (or 1 teaspoon herbs)



0.3 teaspoon salt



1 pinch pepper black freshly ground

Equipment



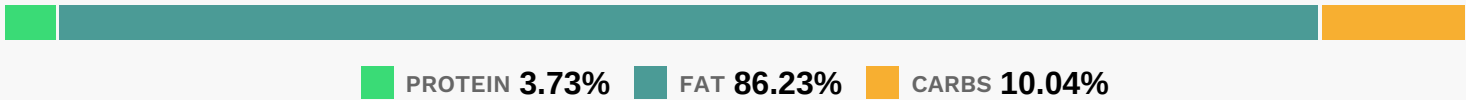
bowl

- ☐ whisk
- ☐ grill

Directions

- ☐ Prep the romaine hearts: Pull off any old leaves. Chop off the top 1 or 2 inches of the lettuce head, and shave off the browned part of the root end, leaving the root end intact so that the lettuce head stays together.
- ☐ Prepare your grill for high, direct heat.
- ☐ Put the oil, vinegar, herbs, salt and pepper in a small bowl and whisk with a fork to combine. Paint the lettuce hearts all over with the vinaigrette.
- ☐ Grill: Grill the romaine hearts until lightly browned on all sides, turning every minute or two until done.
- ☐ Serve immediately. You can either serve the hearts whole, or chop them and toss them for a salad.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:14.161739142045%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 144.02kcal (7.2%), Fat: 14.34g (22.06%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 3.75g (1.25%), Net Carbohydrates: 1.37g (0.5%), Sugar: 1.35g (1.49%), Cholesterol: 0mg (0%), Sodium: 203.52mg (8.85%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.4g (2.79%), Vitamin A: 9846IU (196.92%), Vitamin K: 124.58µg (118.65%), Folate: 153.73µg (38.43%), Vitamin E: 2.16mg (14.43%), Fiber: 2.38g (9.53%), Manganese: 0.18mg (9.15%), Potassium: 281.88mg (8.05%), Iron: 1.2mg (6.69%), Vitamin C: 4.56mg (5.52%), Vitamin B1: 0.08mg (5.43%), Vitamin B2: 0.08mg (4.46%), Vitamin B6: 0.08mg (4.19%), Magnesium: 16.12mg (4.03%), Calcium: 38.12mg (3.81%), Phosphorus: 34.39mg (3.44%), Copper: 0.06mg (2.78%), Vitamin B3: 0.35mg (1.77%), Zinc: 0.26mg (1.75%), Vitamin B5: 0.16mg (1.61%)