



Grilled Romaine Salad With Buttermilk-Chive Dressing

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



64 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 servings chives
- ☐ 8 servings salt and pepper freshly ground to taste
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup parmesan shaved
- ☐ 1 small onion red
- ☐ 4 the of 1 cos lettuce

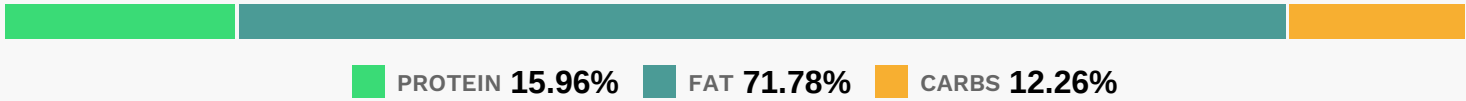
Equipment

☐ grill

Directions

- ☐ Pull off tough outer leaves of romaine bunches, and discard; cut bunches in half lengthwise, keeping leaves intact. Peel onion, and cut in half vertically, keeping core (root end and top) intact.
- ☐ Cut each half into 4 wedges.
- ☐ Brush lettuce and onion evenly with olive oil.
- ☐ Coat cold cooking grate evenly with cooking spray, and place on grill over medium heat (300 to 350).
- ☐ Place onion wedges on cooking grate, and grill, covered with grill lid, 3 to 4 minutes on each side or to desired degree of doneness.
- ☐ Remove onion wedges.
- ☐ Place romaine halves, cut sides down, on cooking grate. Grill, without grill lid, 2 to 3 minutes or just until wilted.
- ☐ Divide grilled lettuce, cut sides up, evenly among serving plates. Top each with 1 onion wedge (separate into slices, if desired), and drizzle with Buttermilk–Chive Dressing.
- ☐ Sprinkle evenly with shaved Parmesan cheese and salt and pepper to taste.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:0.35, Inflammation Score:-7, Nutrition Score:3.9613043478002%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 63.62kcal (3.18%), Fat: 5.18g (7.97%), Saturated Fat: 1.52g (9.51%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.44g (0.52%), Sugar: 0.82g (0.91%), Cholesterol: 4.25mg (1.42%), Sodium: 295.68mg (12.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Vitamin A: 1312.02IU (26.24%), Vitamin K: 18.75µg (17.86%), Calcium: 82.86mg (8.29%), Folate: 23.14µg (5.79%), Phosphorus: 52.14mg (5.21%), Vitamin E: 0.54mg (3.61%), Vitamin C: 2.16mg (2.62%), Manganese: 0.04mg (2.25%), Fiber: 0.55g (2.21%), Selenium: 1.54µg (2.2%), Vitamin B2: 0.04mg (2.06%), Potassium: 63.44mg (1.81%), Vitamin B6: 0.03mg (1.7%), Magnesium: 6.51mg (1.63%), Zinc: 0.23mg (1.56%), Iron: 0.25mg (1.41%), Vitamin B1: 0.02mg (1.31%), Vitamin B12: 0.08µg (1.25%)