



## Grilled Romaine with Creamy Herb Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



36 min.

SERVINGS



4

CALORIES



144 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 1.5 teaspoons optional: dill fresh chopped
- 1 tablespoon flat-leaf parsley fresh chopped
- 2 garlic cloves minced
- 2 tablespoons juice of lemon fresh
- 0.3 cup canola mayonnaise
- 2 teaspoons olive oil
- 1 large head romaine lettuce trimmed halved lengthwise

- 0.4 teaspoon salt divided
- 1 tablespoon water

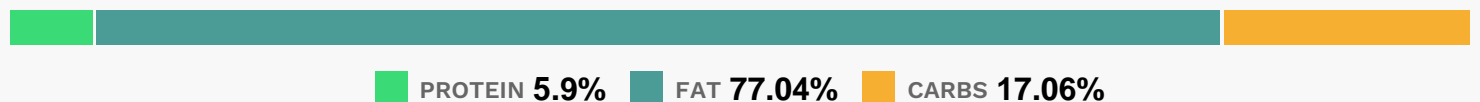
## Equipment

- bowl
- grill

## Directions

- Preheat grill to medium-high heat.
- Brush cut sides of lettuce evenly with oil.
- Place lettuce, cut sides down, on a grill rack coated with cooking spray, and grill for 2 minutes.
- Remove from heat; cut each lettuce half lengthwise in half again to form 4 quarters.
- Sprinkle cut sides of lettuce with 1/4 teaspoon black pepper and 1/8 teaspoon salt.
- Combine remaining 1/4 teaspoon pepper, remaining 1/4 teaspoon salt, mayonnaise, and remaining ingredients in a small bowl, stirring well.
- Place 1 lettuce quarter on each of 4 salad plates; drizzle each serving with about 4 teaspoons dressing.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:39.75, Glycemic Load:0.22, Inflammation Score:-10, Nutrition Score:16.41956519951%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

## **Nutrients (% of daily need)**

Calories: 144.37kcal (7.22%), Fat: 12.98g (19.97%), Saturated Fat: 1.98g (12.4%), Carbohydrates: 6.47g (2.16%), Net Carbohydrates: 3.03g (1.1%), Sugar: 2.16g (2.4%), Cholesterol: 5.88mg (1.96%), Sodium: 320.62mg (13.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Vitamin A: 13729.34IU (274.59%), Vitamin K: 201.27µg (191.69%), Folate: 216.7µg (54.18%), Manganese: 0.3mg (15.2%), Fiber: 3.44g (13.75%), Vitamin C: 10.99mg (13.32%), Potassium: 412.3mg (11.78%), Iron: 1.68mg (9.34%), Vitamin B1: 0.12mg (8%), Vitamin B6: 0.14mg (7.03%), Vitamin B2: 0.11mg (6.58%), Vitamin E: 0.97mg (6.49%), Magnesium: 23.87mg (5.97%), Calcium: 58.76mg (5.88%), Phosphorus: 53.78mg (5.38%), Copper: 0.09mg (4.46%), Zinc: 0.42mg (2.78%), Vitamin B5: 0.27mg (2.73%), Vitamin B3: 0.52mg (2.62%), Selenium: 1.18µg (1.69%)