






 **52%**
HEALTH SCORE

Grilled Romaine with Lemon-Pepper Yogurt Dressing

 Vegetarian  Gluten Free

READY IN

8 min.

SERVINGS

6

CALORIES

68 kcal

SIDE DISH

Ingredients

- 1 tablespoon juice of lemon
- 2 teaspoons lemon zest finely grated
- 0.5 cup yogurt plain low-fat
- 2 tablespoons olive oil plus more for grill grates
- 4 baby greens halved lengthwise
- 6 servings salt and pepper

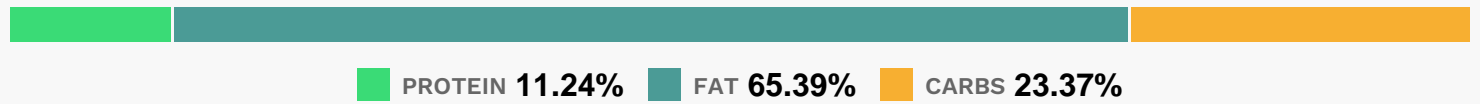
Equipment

- bowl
- grill
- grill pan

Directions

- In a small bowl, stir together 2 Tbsp. oil, yogurt, lemon zest and lemon juice. Season lightly with salt and generously with pepper.
- Preheat grill (or grill pan) to medium-high; lightly oil grates.
- Place lettuce on grill and cook, turning often, until charred in spots, about 2 minutes.
- Remove lettuce to serving platter.
- Drizzle with yogurt dressing and serve immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:12.0569565348%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 67.79kcal (3.39%), Fat: 5.22g (8.03%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 4.2g (1.4%), Net Carbohydrates: 2.53g (0.92%), Sugar: 2.42g (2.69%), Cholesterol: 1.23mg (0.41%), Sodium: 214.27mg (9.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.03%), Vitamin A: 6572.43IU (131.45%), Vitamin K: 80.07µg (76.25%), Folate: 105.29µg (26.32%), Potassium: 237.58mg (6.79%), Fiber: 1.66g (6.64%), Calcium: 63.43mg (6.34%), Vitamin C: 5mg (6.07%), Manganese: 0.12mg (5.92%), Vitamin B2: 0.1mg (5.59%), Phosphorus: 52.28mg (5.23%), Vitamin E: 0.78mg (5.21%), Iron: 0.78mg (4.35%), Vitamin B1: 0.06mg (4.28%), Magnesium: 14.27mg (3.57%), Vitamin B6: 0.07mg (3.4%), Zinc: 0.36mg (2.39%), Vitamin B5: 0.23mg (2.33%), Copper: 0.04mg (2%), Vitamin B12: 0.11µg (1.91%), Selenium: 0.98µg (1.4%), Vitamin B3: 0.26mg (1.32%)