



Hearts of Iceberg Lettuce with Ranch Dressing



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



270 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon chives plus more for garnish chopped
- ☐ 1 clove garlic finely minced pressed
- ☐ 1 small head iceberg lettuce
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup yogurt plain
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 tablespoon vinegar white

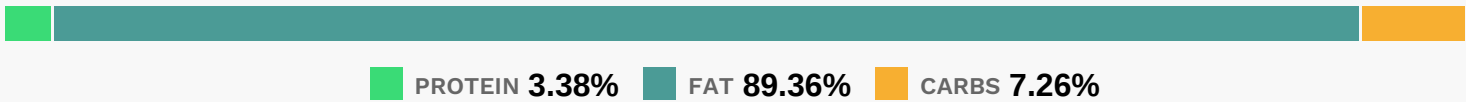
Equipment

☐ bowl

Directions

- ☐ Peel off any wilted or discolored leaves from the outside of the lettuce. Trim the core even with the bottom of the lettuce and cut the lettuce into quarters through the core. If the quarters look too big for a single serving, either cut them in half or trim them to whatever size you feel is a good serving.
- ☐ Combine the sour cream, yogurt, mayonnaise, garlic, vinegar, and chives in a bowl until well mixed. Season with salt and pepper. Cover and refrigerate until ready to use.
- ☐ To serve, set the wedge of iceberg in the center of a salad plate, spoon the dressing over and dash it with a good pinch of chives.

Nutrition Facts



Properties

Glycemic Index:64.5, Glycemic Load:0.76, Inflammation Score:-5, Nutrition Score:6.8226088272489%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 270.32kcal (13.52%), Fat: 27.15g (41.76%), Saturated Fat: 6.52g (40.74%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 3.92g (1.43%), Sugar: 3.47g (3.86%), Cholesterol: 30.71mg (10.24%), Sodium: 202.11mg (8.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.63%), Vitamin K: 67.4µg (64.19%), Vitamin A: 652.35IU (13.05%), Vitamin E: 1.19mg (7.91%), Folate: 28.51µg (7.13%), Manganese: 0.14mg (6.86%), Calcium: 67.12mg (6.71%), Phosphorus: 60.38mg (6.04%), Vitamin B2: 0.1mg (5.73%), Potassium: 186.12mg (5.32%), Fiber: 1.03g (4.13%), Vitamin C: 3.27mg (3.97%), Vitamin B1: 0.05mg (3.23%), Selenium: 2.26µg (3.23%), Vitamin B6: 0.06mg (3.18%), Vitamin B5: 0.29mg (2.86%), Magnesium: 11.38mg (2.84%), Iron: 0.45mg (2.52%), Vitamin B12: 0.15µg (2.51%), Zinc: 0.36mg (2.42%), Copper: 0.04mg (1.86%)