



Iceberg Lettuce and Snow Peas with Creamy Dill Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



62 kcal

SIDE DISH

Ingredients

- 0.5 cup celery chopped
- 2 tablespoons optional: dill fresh chopped
- 0.1 teaspoon coarsely ground pepper black
- 4 cups preshredded iceberg lettuce
- 1 teaspoon juice of lemon fresh
- 0.3 cup mayonnaise light
- 0.3 cup buttermilk 1% low-fat ()

- 0.3 teaspoon salt
- 1 cup snow peas trimmed thinly sliced

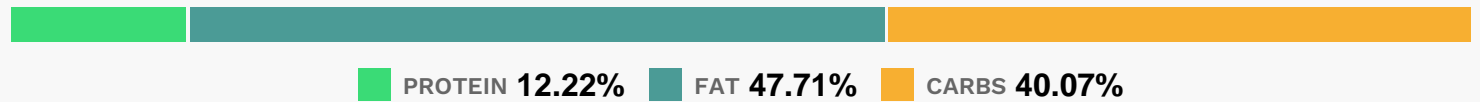
Equipment

- bowl
- whisk

Directions

- Combine first 6 ingredients in a small bowl, stirring with a whisk.
- Combine lettuce, snow peas, and celery in a large bowl; add dressing, and toss.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.47, Inflammation Score:-6, Nutrition Score:6.362173958965%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 61.98kcal (3.1%), Fat: 3.45g (5.3%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 6.51g (2.17%), Net Carbohydrates: 4.79g (1.74%), Sugar: 3.82g (4.24%), Cholesterol: 2.84mg (0.95%), Sodium: 301.75mg (13.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.97%), Vitamin K: 34.81µg (33.15%), Vitamin C: 17.91mg (21.71%), Vitamin A: 717.14IU (14.34%), Folate: 37.59µg (9.4%), Manganese: 0.18mg (8.75%), Fiber: 1.73g (6.91%), Potassium: 213.96mg (6.11%), Vitamin B1: 0.08mg (5.04%), Iron: 0.88mg (4.88%), Calcium: 47.64mg (4.76%), Phosphorus: 46.2mg (4.62%), Vitamin B6: 0.09mg (4.26%), Vitamin B2: 0.07mg (4.05%), Vitamin E: 0.58mg (3.84%), Magnesium: 14.53mg (3.63%), Vitamin B5: 0.33mg (3.33%), Copper: 0.05mg (2.38%), Zinc: 0.27mg (1.78%), Vitamin B3: 0.29mg (1.46%), Selenium: 0.96µg (1.38%)