



## Iceberg Lettuce Chopped Salad

 **Gluten Free**  **Dairy Free**

READY IN



**10 min.**

SERVINGS



**6**

CALORIES



**144 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup carrots shredded
- 0.3 cucumber seedless chopped
- 1 teaspoon garlic powder
- 1 head iceberg lettuce chopped
- 0.3 cup catsup
- 0.3 cup olive oil extra-virgin
- 4 radishes chopped
- 6 servings salt and pepper white

- 4 scallions chopped
- 3 tablespoons sugar
- 3 tablespoons citrus champagne vinegar
- 2 teaspoons worcestershire sauce

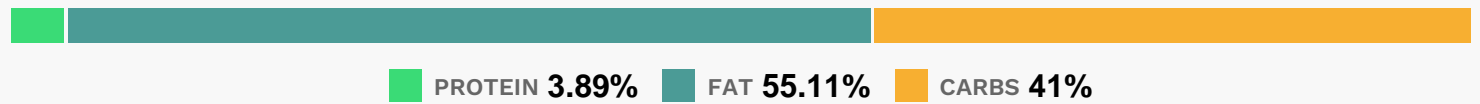
## Equipment

- bowl
- blender

## Directions

- Combine lettuce and chopped veggies in salad bowl.
- Add all of the dressing ingredients into a blender.
- Put the top in place and blend on high until dressing is combined.
- Pour dressing over salad and toss. Adjust salt and pepper, to your taste.

## Nutrition Facts



## Properties

Glycemic Index:36.32, Glycemic Load:5.53, Inflammation Score:-10, Nutrition Score:9.8773915016133%

## Flavonoids

Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

## Nutrients (% of daily need)

Calories: 144.19kcal (7.21%), Fat: 9.25g (14.22%), Saturated Fat: 1.28g (7.98%), Carbohydrates: 15.48g (5.16%), Net Carbohydrates: 13.39g (4.87%), Sugar: 11.63g (12.92%), Cholesterol: 0mg (0%), Sodium: 337.99mg (14.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.94%), Vitamin A: 4165.24IU (83.3%), Vitamin K: 49.53µg (47.18%), Vitamin E: 1.8mg (11.99%), Folate: 38.35µg (9.59%), Manganese: 0.19mg (9.48%), Potassium: 300.96mg (8.6%), Fiber: 2.08g (8.34%), Vitamin C: 6.85mg (8.31%), Vitamin B6: 0.1mg (5.23%), Iron: 0.86mg (4.8%), Vitamin B1:

0.06mg (4.32%), Vitamin B2: 0.07mg (4.05%), Phosphorus: 39.4mg (3.94%), Magnesium: 15.13mg (3.78%), Calcium: 37.06mg (3.71%), Copper: 0.06mg (3.17%), Vitamin B3: 0.55mg (2.73%), Vitamin B5: 0.2mg (2.02%), Zinc: 0.3mg (1.98%)