



Iceberg Lettuce-Wedge Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



19 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



2 heads lettuce rinsed ()



10 servings salt and pepper



10 servings the dressing french cooked

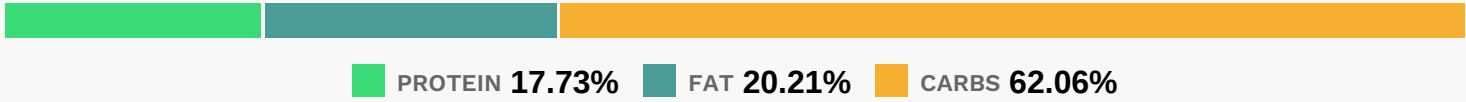
Equipment

Directions

- ☐
- Trim and discard stem ends and bruised leaves from lettuce; cut lettuce, through core, into 8 to 10 equal wedges.

☐☐

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.61, Inflammation Score:-4, Nutrition Score:3.7082609266205%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 19.13kcal (0.96%), Fat: 0.5g (0.76%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 3.43g (1.14%), Net Carbohydrates: 2.13g (0.78%), Sugar: 2.34g (2.6%), Cholesterol: 0.41mg (0.14%), Sodium: 213.07mg (9.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.96%), Vitamin K: 26.64µg (25.37%), Vitamin A: 541.79IU (10.84%), Folate: 31.3µg (7.83%), Manganese: 0.14mg (6.82%), Fiber: 1.29g (5.17%), Potassium: 152.39mg (4.35%), Vitamin C: 3.02mg (3.67%), Vitamin B1: 0.04mg (2.97%), Iron: 0.45mg (2.48%), Vitamin B6: 0.05mg (2.27%), Phosphorus: 21.98mg (2.2%), Calcium: 19.61mg (1.96%), Magnesium: 7.58mg (1.9%), Vitamin B2: 0.03mg (1.62%), Vitamin E: 0.22mg (1.5%), Copper: 0.03mg (1.36%), Zinc: 0.16mg (1.09%)