



WHATShEATE



Iceberg Lettuce Wedges with Blue Cheese Dressing



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



207 kcal

SIDE DISH

Ingredients

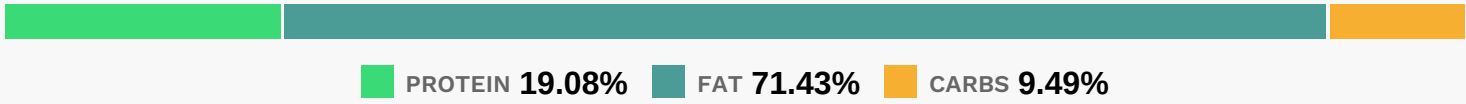
- ☐ 6 to 8 bacon crumbled cooked
- ☐ 4 servings cheese dressing blue
- ☐ 0.3 cup chives fresh chopped
- ☐ 1 medium head iceberg lettuce cut into 4 wedges
- ☐ 0.5 cup parmesan cheese shredded

Equipment

Directions

- ☐ Pour Blue Cheese Dressing over lettuce wedges.
- ☐ Combine bacon, cheese, and chives; sprinkle over dressing.
- ☐ Note: To lighten recipe, substitute turkey bacon.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.89, Inflammation Score:-6, Nutrition Score:8.9860868453979%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 207.21kcal (10.36%), Fat: 16.61g (25.55%), Saturated Fat: 6.49g (40.58%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 3.29g (1.19%), Sugar: 2.83g (3.14%), Cholesterol: 30.29mg (10.1%), Sodium: 441.65mg (19.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.96%), Vitamin K: 38.07µg (36.25%), Vitamin A: 895.14IU (17.9%), Calcium: 177.1mg (17.71%), Phosphorus: 163.5mg (16.35%), Selenium: 9.62µg (13.74%), Folate: 42.61µg (10.65%), Vitamin B1: 0.15mg (10.22%), Manganese: 0.18mg (9.19%), Vitamin B6: 0.16mg (7.97%), Potassium: 274.29mg (7.84%), Vitamin B3: 1.54mg (7.72%), Fiber: 1.68g (6.72%), Zinc: 0.95mg (6.35%), Vitamin C: 5.23mg (6.34%), Vitamin B2: 0.11mg (6.22%), Vitamin B12: 0.32µg (5.29%), Magnesium: 20.01mg (5%), Iron: 0.84mg (4.64%), Vitamin B5: 0.37mg (3.7%), Vitamin E: 0.42mg (2.8%), Copper: 0.06mg (2.78%), Vitamin D: 0.19µg (1.3%)