



Iceberg Lettuce Wedges with Creamy Garlic Dressing

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



84 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 2 heads lettuce ()
- ☐ 0.5 cup mayonnaise reduced-fat
- ☐ 0.8 cup cream sour low-fat
- ☐ 2 tablespoons red wine vinegar
- ☐ 8 servings salt and pepper

☐ 2 tablespoons spring onion thinly sliced

Equipment

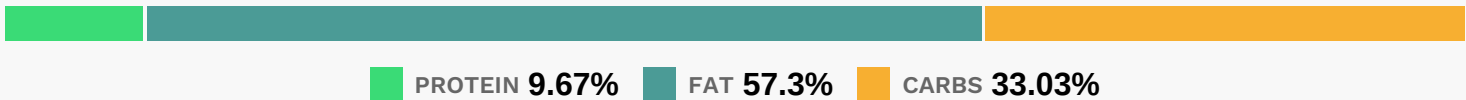
☐ food processor

☐ blender

Directions

- ☐ Remove any tough outer leaves from lettuce heads and cut each into quarters.
- ☐ Remove tough stem end and core. Put quarters on chilled plates.
- ☐ Combine sour cream, mayonnaise, vinegar and garlic in a food processor or blender.
- ☐ Add 2 Tbsp. cold water and process until blended and smooth.
- ☐ Add parsley, salt and pepper; pulse briefly to mix. Cover and chill until ready to serve (can be made up to 2 days in advance).
- ☐ To serve, spoon some dressing on each wedge and sprinkle with scallions, if desired.
- ☐ Serve remaining dressing on the side.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:0.87, Inflammation Score:-6, Nutrition Score:6.9604347801727%

Flavonoids

Apigenin: 2.33mg, Apigenin: 2.33mg, Apigenin: 2.33mg, Apigenin: 2.33mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 84.18kcal (4.21%), Fat: 5.6g (8.61%), Saturated Fat: 1.93g (12.08%), Carbohydrates: 7.26g (2.42%), Net Carbohydrates: 5.55g (2.02%), Sugar: 3.25g (3.61%), Cholesterol: 9.79mg (3.26%), Sodium: 342.17mg (14.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.25%), Vitamin K: 59.62µg (56.78%), Vitamin A: 856.23IU (17.12%), Folate: 44.51µg (11.13%), Manganese: 0.19mg (9.41%), Potassium: 254.24mg (7.26%), Vitamin C: 5.83mg (7.07%), Fiber: 1.7g (6.82%), Calcium: 59.66mg (5.97%), Phosphorus: 46.94mg (4.69%), Vitamin B1: 0.07mg (4.55%),

Vitamin E: 0.63mg (4.2%), Iron: 0.7mg (3.9%), Vitamin B2: 0.06mg (3.68%), Vitamin B6: 0.07mg (3.62%),
Magnesium: 13.01mg (3.25%), Zinc: 0.35mg (2.31%), Copper: 0.05mg (2.26%), Selenium: 1.28µg (1.83%), Vitamin B12:
0.09µg (1.51%), Vitamin B5: 0.14mg (1.4%), Vitamin B3: 0.21mg (1.04%)