



Iceberg Lettuce Wedges with Thousand Island Dressing



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



118 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons chili sauce
- ☐ 1 teaspoon dijon mustard
- ☐ 1 head lettuce cored cut into 6 wedges
- ☐ 2 tablespoons catsup
- ☐ 1 cup mayonnaise low-fat
- ☐ 2 tablespoons pickle relish sweet

☐ 0.3 cup water

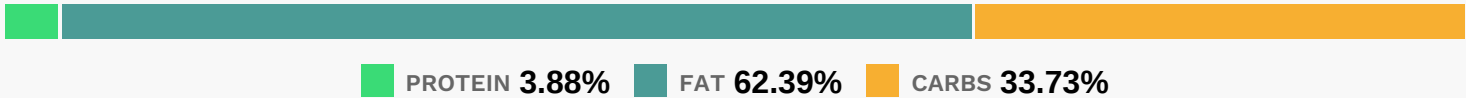
Equipment

☐ bowl

Directions

- ☐ Combine the first 7 ingredients in a medium bowl.
- ☐ Drizzle the dressing over the lettuce wedges.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.52, Inflammation Score:-5, Nutrition Score:5.1843478990638%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 118.3kcal (5.91%), Fat: 8.49g (13.06%), Saturated Fat: 1.31g (8.21%), Carbohydrates: 10.33g (3.44%), Net Carbohydrates: 9g (3.27%), Sugar: 6.3g (7%), Cholesterol: 5.97mg (1.99%), Sodium: 480.31mg (20.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.37%), Vitamin K: 46.45µg (44.24%), Vitamin A: 598.69IU (11.97%), Vitamin E: 1.18mg (7.87%), Folate: 28.57µg (7.14%), Manganese: 0.13mg (6.74%), Fiber: 1.32g (5.3%), Potassium: 174.4mg (4.98%), Vitamin C: 3.57mg (4.33%), Vitamin B1: 0.05mg (3.1%), Iron: 0.54mg (3.02%), Phosphorus: 29.2mg (2.92%), Vitamin B6: 0.06mg (2.8%), Copper: 0.05mg (2.39%), Magnesium: 9.18mg (2.29%), Calcium: 21.5mg (2.15%), Vitamin B2: 0.04mg (2.15%), Selenium: 1.44µg (2.05%), Vitamin B3: 0.28mg (1.42%), Zinc: 0.19mg (1.28%), Vitamin B5: 0.11mg (1.1%)