



Iceberg Lettuce Wedges With Zesty Buttermilk Ranch Dressing

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



506 kcal

SIDE DISH

Ingredients

- ☐ 1 cup buttermilk
- ☐ 1 small cucumber halved sliced
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 Tbsp horseradish
- ☐ 1 large head iceberg lettuce cored quartered
- ☐ 1 teaspoon lemon zest
- ☐ 1 cup mayonnaise

- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 teaspoon pepper
- ☐ 1 oz buttermilk ranch dressing mix
- ☐ 0.5 cup onion red thinly sliced

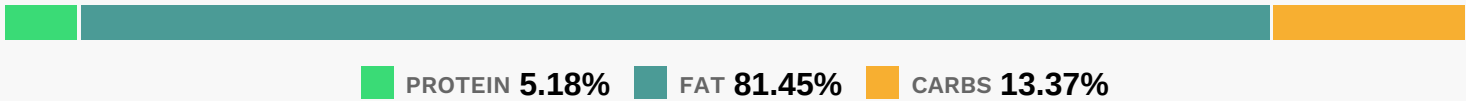
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together mayonnaise and next 6 ingredients in a medium bowl.
- ☐ Let stand 30 minutes.
- ☐ Arrange lettuce on a serving platter or individual plates. Top with cucumber and onion; sprinkle with Parmesan cheese.
- ☐ Serve with dressing.
- ☐ *1 (4-oz.) envelope buttermilk Ranch dressing mix may be substituted.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:2.78, Inflammation Score:-8, Nutrition Score:14.714782523072%

Flavonoids

Apigenin: 4.56mg, Apigenin: 4.56mg, Apigenin: 4.56mg, Apigenin: 4.56mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 6.75mg, Quercetin: 6.75mg, Quercetin: 6.75mg, Quercetin: 6.75mg

Nutrients (% of daily need)

Calories: 506.25kcal (25.31%), Fat: 46.02g (70.8%), Saturated Fat: 8.72g (54.48%), Carbohydrates: 17g (5.67%), Net Carbohydrates: 13.84g (5.03%), Sugar: 8.7g (9.67%), Cholesterol: 35.56mg (11.85%), Sodium: 1096.92mg (47.69%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.18%), Vitamin K: 173.03µg (164.79%), Vitamin A: 1335.32IU (26.71%), Folate: 75.51µg (18.88%), Calcium: 178.92mg (17.89%), Manganese: 0.33mg (16.3%), Phosphorus: 156.81mg (15.68%), Vitamin E: 2.28mg (15.23%), Vitamin C: 12.27mg (14.87%), Potassium: 475.52mg (13.59%), Fiber: 3.16g (12.62%), Vitamin B2: 0.2mg (11.84%), Vitamin B1: 0.14mg (9.12%), Selenium: 6.14µg (8.77%), Vitamin B6: 0.16mg (8.02%), Magnesium: 31mg (7.75%), Vitamin B12: 0.43µg (7.13%), Zinc: 1.02mg (6.81%), Iron: 1.22mg (6.79%), Vitamin B5: 0.65mg (6.51%), Vitamin D: 0.92µg (6.15%), Copper: 0.12mg (5.92%), Vitamin B3: 0.37mg (1.86%)