



## Iceberg Lettuce with Carrot Ginger Soy Dressing with Cilantro and Red Thai Chiles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



164 kcal

SIDE DISH

### Ingredients

- ☐ 2 medium carrots ends trimmed peeled sliced
- ☐ 4 servings freshly cilantro leaves chopped for garnish
- ☐ 2 inch ginger peeled roughly chopped
- ☐ 1 large head iceberg lettuce cored quartered
- ☐ 0.3 cup rice wine vinegar
- ☐ 1 teaspoon salt
- ☐ 2 shallots peeled sliced

- ☐ 3 tablespoons soya sauce
- ☐ 1 tablespoon caster sugar
- ☐ 1 large thai chile red deveined seeded thinly sliced for garnish
- ☐ 3 tablespoons vegetable oil
- ☐ 0.3 cup water

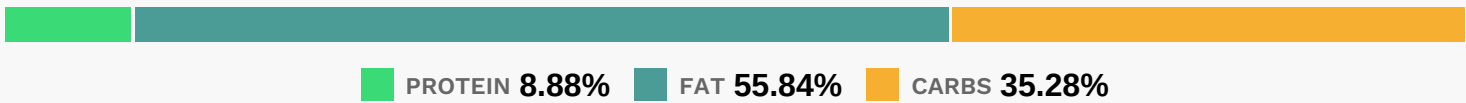
## Equipment

- ☐ blender

## Directions

- ☐ Combine the carrots, ginger, shallots, soy sauce, vinegar, water, sugar, and vegetable oil in a blender and puree until dressing becomes a slightly thick sauce. Season with the salt.
- ☐ Break the Iceberg wedges a bit to open them up and pour the dressing over top. Finish with cilantro and chile.

## Nutrition Facts



## Properties

Glycemic Index:72.73, Glycemic Load:4.82, Inflammation Score:-10, Nutrition Score:13.943478133367%

## Flavonoids

Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

## Nutrients (% of daily need)

Calories: 163.74kcal (8.19%), Fat: 10.6g (16.31%), Saturated Fat: 1.61g (10.06%), Carbohydrates: 15.07g (5.02%), Net Carbohydrates: 11.36g (4.13%), Sugar: 9.48g (10.53%), Cholesterol: 0mg (0%), Sodium: 1378.54mg (59.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.59%), Vitamin A: 6058.95IU (121.18%), Vitamin K: 68.79µg (65.52%), Manganese: 0.4mg (20.2%), Folate: 67.83µg (16.96%), Fiber: 3.71g (14.84%), Potassium: 452.2mg (12.92%), Vitamin C: 10.11mg (12.25%), Vitamin B6: 0.2mg (9.97%), Vitamin E: 1.4mg (9.31%), Iron: 1.38mg (7.68%), Vitamin B1: 0.11mg (7.64%), Phosphorus: 75.7mg (7.57%), Magnesium: 26.94mg (6.73%), Vitamin B3: 1.12mg (5.62%), Calcium: 53.92mg (5.39%), Vitamin B2: 0.09mg (5.32%), Copper: 0.1mg (5.18%), Vitamin B5: 0.35mg (3.5%), Zinc:

0.48mg (3.23%)