



## Iceberg Lettuce with Russian Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



212 kcal

SIDE DISH

### Ingredients

- 1 handful optional: dill fresh chopped for garnish
- 0.3 cup dill pickle relish
- 1 large head iceberg lettuce cut into 6 wedges
- 0.3 cup catsup
- 0.7 cup mayonnaise
- 0.5 small onion peeled
- 6 servings salt and pepper

### Equipment

## Directions

- Arrange the wedges on a serving platter.
- Combine the mayonnaise with ketchup and relish, grate in about 3 tablespoons onion and juice, season with salt and pepper.
- Pour the thick dressing over the wedges and garnish with chopped dill, serve.

## Nutrition Facts

**PROTEIN 3.17%** **FAT 77.68%** **CARBS 19.15%**

## Properties

Glycemic Index:20.67, Glycemic Load:0.91, Inflammation Score:-6, Nutrition Score:7.2773912199166%

## Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

## Nutrients (% of daily need)

Calories: 211.98kcal (10.6%), Fat: 18.86g (29.02%), Saturated Fat: 2.94g (18.4%), Carbohydrates: 10.46g (3.49%), Net Carbohydrates: 8.66g (3.15%), Sugar: 5.71g (6.34%), Cholesterol: 10.45mg (3.48%), Sodium: 596.6mg (25.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.47%), Vitamin K: 71.32µg (67.92%), Vitamin A: 746.22IU (14.92%), Folate: 40.4µg (10.1%), Manganese: 0.18mg (9.19%), Vitamin E: 1.24mg (8.26%), Fiber: 1.81g (7.22%), Potassium: 237.59mg (6.79%), Vitamin C: 4.74mg (5.75%), Iron: 0.77mg (4.26%), Vitamin B6: 0.08mg (4.24%), Vitamin B1: 0.06mg (4.16%), Phosphorus: 39.73mg (3.97%), Vitamin B2: 0.06mg (3.79%), Magnesium: 13.4mg (3.35%), Copper: 0.06mg (2.93%), Calcium: 28.96mg (2.9%), Vitamin B3: 0.41mg (2.03%), Zinc: 0.28mg (1.88%), Vitamin B5: 0.17mg (1.72%), Selenium: 0.82µg (1.17%)