



Iceberg Salad with Buttermilk Ranch Dressing

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



150 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup buttermilk
- 1 garlic clove
- 1 head iceberg lettuce dry washed cored
- 6 servings kosher salt and freshly cracked pepper black
- 0.5 cup mayonnaise
- 2 scallions trimmed

Equipment

- food processor

bowl

Directions

- Coarsely chop 1 scallion and add it to the bowl of a food processor with the garlic; pulse until garlic is minced.
- Add the mayonnaise, buttermilk, and salt and pepper, to taste, and pulse until well combined and smooth. Slice the iceberg into 1-inch thick slices, cutting parallel to the core end and transfer to cold salad plates.
- Drizzle 2 to 3 tablespoons of the dressing over each slice. Thinly slice the remaining scallion, on a bias, and sprinkle over the salads.
- Note: This dressing tastes better as it sits; make it ahead and keep it chilled in the refrigerator.

Nutrition Facts

  
 **PROTEIN 3.99%**  **FAT 85.82%**  **CARBS 10.19%**

Properties

Glycemic Index:29.17, Glycemic Load:0.87, Inflammation Score:-4, Nutrition Score:5.7434782152591%

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: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 149.8kcal (7.49%), Fat: 14.54g (22.37%), Saturated Fat: 2.46g (15.35%), Carbohydrates: 3.88g (1.29%), Net Carbohydrates: 2.69g (0.98%), Sugar: 2.63g (2.92%), Cholesterol: 9.31mg (3.1%), Sodium: 336.03mg (14.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.04%), Vitamin K: 60.4µg (57.53%), Vitamin A: 525.02IU (10.5%), Folate: 30.23µg (7.56%), Manganese: 0.13mg (6.47%), Vitamin E: 0.81mg (5.37%), Fiber: 1.19g (4.77%), Potassium: 161.48mg (4.61%), Vitamin C: 3.42mg (4.15%), Calcium: 36.9mg (3.69%), Phosphorus: 35.47mg (3.55%), Vitamin B1: 0.05mg (3.21%), Vitamin B2: 0.05mg (3.1%), Iron: 0.48mg (2.67%), Vitamin B6: 0.05mg (2.63%), Magnesium: 8.74mg (2.18%), Copper: 0.03mg (1.72%), Vitamin B5: 0.17mg (1.71%), Selenium: 1.11µg (1.58%), Zinc: 0.24mg (1.57%), Vitamin D: 0.21µg (1.4%), Vitamin B12: 0.08µg (1.4%)