



Iceberg Wedge Salad with Creamy Buttermilk Dressing



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



62 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup buttermilk
- ☐ 0.3 teaspoon celery salt
- ☐ 1 cup cherry tomatoes whole halved
- ☐ 3 tablespoon chives minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 4 servings salt and pepper to taste
- ☐ 0.3 cup shallots minced

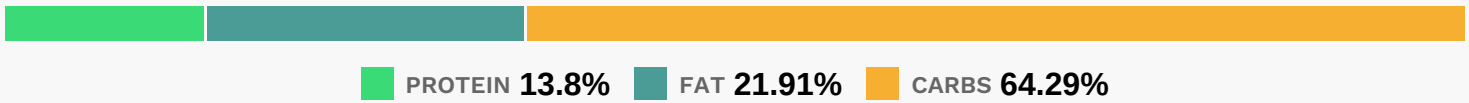
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Whisk together buttermilk, mayonaisse, shallots, chives, lemon juice, celery salt, and a little salt and pepper in a small bowl. Cover with plastic wrap, and refrigerate until cold, about 30 minutes.
- ☐ Cut lettuce lengthwise into quarters.
- ☐ Transfer a wedge to each of 4 plates.
- ☐ Drizzle each wedge with some dressing, and garnish with tomatoes and additional cracked black pepper.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:2.36, Inflammation Score:-3, Nutrition Score:3.6121739058391%

Flavonoids

Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 61.78kcal (3.09%), Fat: 1.6g (2.46%), Saturated Fat: 0.88g (5.47%), Carbohydrates: 10.56g (3.52%), Net Carbohydrates: 9.29g (3.38%), Sugar: 7.91g (8.79%), Cholesterol: 4.95mg (1.65%), Sodium: 388.26mg (16.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.53%), Vitamin C: 6.36mg (7.7%), Calcium: 64.21mg (6.42%), Potassium: 197.32mg (5.64%), Phosphorus: 55.97mg (5.6%), Vitamin B2: 0.09mg (5.58%), Vitamin K: 5.77µg (5.5%), Fiber: 1.27g (5.06%), Vitamin B6: 0.09mg (4.45%), Manganese: 0.08mg (3.94%), Vitamin A: 195.09IU (3.9%), Vitamin D: 0.58µg (3.9%), Vitamin B12: 0.21µg (3.45%), Magnesium: 12.58mg (3.14%), Vitamin B5: 0.29mg (2.95%), Folate: 11.77µg (2.94%), Vitamin B1: 0.04mg (2.8%), Selenium: 1.87µg (2.67%), Copper: 0.05mg (2.47%), Iron: 0.36mg (1.98%), Zinc: 0.27mg (1.8%)