



Iceberg Wedge with Buttermilk Blue Cheese Dressing

 **Gluten Free**

READY IN



15 min.

SERVINGS



4

CALORIES



265 kcal

SIDE DISH

Ingredients

- 0.5 avocado diced
- 0.5 cup cheese crumbles blue
- 0.3 cup buttermilk
- 0.3 cup cherry tomatoes halved
- 2 tablespoons chives chopped
- 2 slices bacon crumbled crisp cooked
- 1 teaspoon garlic chopped

- 1 Dash hot sauce (recommended: Tabasco)
- 0.5 head iceberg lettuce cored
- 0.5 juice of lemon juiced
- 0.3 cup mayonnaise
- 4 servings salt and pepper black freshly ground
- 0.3 cup cup heavy whipping cream sour

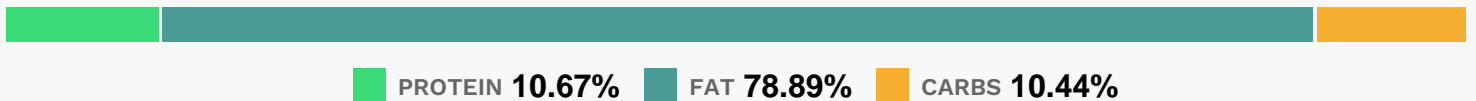
Equipment

- bowl
- whisk

Directions

- Slice the lettuce into thick wedges. In a medium-sized bowl, add the mayonnaise, sour cream, buttermilk, salt and pepper, to taste, hot sauce, chives, garlic, and lemon juice.
- Whisk together, then slowly fold in the blue cheese crumbles. Arrange the lettuce on a serving platter and drizzle with the dressing.
- Garnish with tomatoes, avocado, and bacon.
- Serve.

Nutrition Facts



Properties

Glycemic Index:71.75, Glycemic Load:1.03, Inflammation Score:-6, Nutrition Score:9.9743478401848%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg 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 Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg,

Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg
0.1mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg,
Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg,
Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 265.21kcal (13.26%), Fat: 23.83g (36.66%), Saturated Fat: 7.56g (47.28%), Carbohydrates: 7.09g (2.36%),
Net Carbohydrates: 4.45g (1.62%), Sugar: 3.24g (3.6%), Cholesterol: 32.63mg (10.88%), Sodium: 380.78mg
(16.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.25g (14.5%), Vitamin K: 48.63µg (46.32%), Vitamin A:
740.26IU (14.81%), Calcium: 142mg (14.2%), Phosphorus: 139.07mg (13.91%), Folate: 51.85µg (12.96%), Vitamin C:
9.23mg (11.18%), Vitamin B2: 0.18mg (10.66%), Fiber: 2.65g (10.59%), Potassium: 354.01mg (10.11%), Vitamin B5:
0.9mg (9.04%), Selenium: 6.23µg (8.9%), Vitamin B6: 0.18mg (8.77%), Vitamin E: 1.29mg (8.58%), Manganese:
0.17mg (8.33%), Zinc: 0.99mg (6.61%), Vitamin B12: 0.37µg (6.09%), Vitamin B3: 1.21mg (6.04%), Vitamin B1: 0.09mg
(6.01%), Magnesium: 22.25mg (5.56%), Copper: 0.1mg (4.9%), Iron: 0.66mg (3.68%), Vitamin D: 0.32µg (2.16%)