



# Iceberg Wedges with Pancetta Gorgonzola Dressing

 Gluten Free

READY IN



18 min.

SERVINGS



6

CALORIES



259 kcal

SIDE DISH

## Ingredients

- 0.7 cup buttermilk
- 1 large garlic cloves minced
- 6 ounces gorgonzola crumbled
- 1 head iceberg lettuce cut into 6 wedges
- 2 teaspoons olive oil
- 4 ounces pancetta cut into 1/4-inch pieces
- 6 servings salt and pepper black freshly ground

0.5 cup cup heavy whipping cream sour

## Equipment

- bowl
- frying pan
- paper towels
- slotted spoon

## Directions

- Watch how to make this recipe.
- Heat the oil in a heavy medium skillet over medium heat.
- Add the pancetta and saute until crisp and golden, about 5 minutes. Using a slotted spoon, transfer the pancetta to a paper towel-lined plate to drain the excess oil.
- Stir the buttermilk, sour cream, and garlic in a medium bowl to blend; mix 2/3 of the cheese. Season the dressing with salt and pepper, to taste.
- (The dressing can be made up to 2 days ahead. Cover and refrigerate. Stir to blend before using, adding more milk to thin the sauce, if necessary.)
- Arrange each of 6 lettuce wedges on 6 plates. Spoon the dressing over the lettuce.
- Sprinkle with the pancetta and remaining cheese and serve.

## Nutrition Facts

 PROTEIN **16.24%**  FAT **74.61%**  CARBS **9.15%**

## Properties

Glycemic Index:25.33, Glycemic Load:1.15, Inflammation Score:-6, Nutrition Score:9.055652110473%

## 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: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

## Nutrients (% of daily need)

Calories: 258.73kcal (12.94%), Fat: 21.7g (33.39%), Saturated Fat: 10.46g (65.37%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 4.88g (1.77%), Sugar: 3.87g (4.3%), Cholesterol: 47.98mg (15.99%), Sodium: 494.19mg (21.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.63g (21.25%), Vitamin K: 23.67µg (22.55%), Calcium: 218.19mg (21.82%), Phosphorus: 193.05mg (19.31%), Vitamin A: 838.26IU (16.77%), Selenium: 9.77µg (13.96%), Vitamin B2: 0.22mg (13.23%), Vitamin B12: 0.6µg (10.05%), Folate: 38.77µg (9.69%), Potassium: 299.97mg (8.57%), Zinc: 1.28mg (8.56%), Vitamin B5: 0.85mg (8.47%), Vitamin B6: 0.16mg (7.95%), Vitamin B1: 0.11mg (7.65%), Manganese: 0.14mg (7.06%), Vitamin B3: 1.21mg (6.03%), Magnesium: 19.96mg (4.99%), Fiber: 1.11g (4.46%), Vitamin E: 0.6mg (3.99%), Vitamin D: 0.56µg (3.76%), Vitamin C: 2.84mg (3.45%), Iron: 0.58mg (3.23%), Copper: 0.05mg (2.73%)