



Lettuce Wedges with Creamy Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



200 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon honey
- ☐ 2 large heads iceberg lettuce quartered
- ☐ 2 tablespoons juice of lemon
- ☐ 1 tablespoon lemon zest grated
- ☐ 1 cup mayonnaise
- ☐ 8 servings salt and pepper

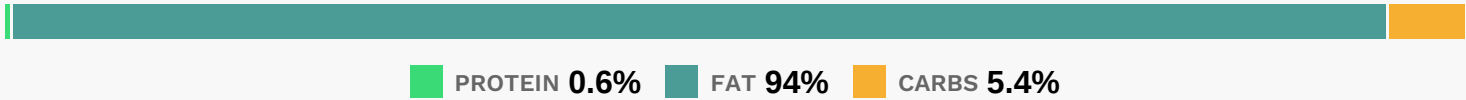
Equipment

- ☐ bowl

Directions

- ☐ Combine grated lemon zest, lemon juice, honey, salt and pepper in a small bowl.
- ☐ Add 2 Tbsp. hot water and mix well.
- ☐ Add mayonnaise and stir until smooth. (Dressing can be made up to 3 days in advance; cover and refrigerate.)
- ☐ Arrange iceberg wedges on plates or a serving platter.
- ☐ Drizzle some dressing over each, sprinkle with pepper, if desired, and serve.
- ☐ Serve with remaining dressing.

Nutrition Facts



Properties

Glycemic Index:16.78, Glycemic Load:1.21, Inflammation Score:-1, Nutrition Score:2.6339130545764%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 199.59kcal (9.98%), Fat: 20.96g (32.24%), Saturated Fat: 3.28g (20.49%), Carbohydrates: 2.71g (0.9%), Net Carbohydrates: 2.61g (0.95%), Sugar: 2.45g (2.72%), Cholesterol: 11.76mg (3.92%), Sodium: 371.8mg (16.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.61%), Vitamin K: 45.7µg (43.52%), Vitamin E: 0.93mg (6.18%), Vitamin C: 2.44mg (2.96%)