



## Little Gem Wedge Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



209 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 ounces cheese blue divided crumbled at room temperature
- 0.3 cup buttermilk
- 0.3 cup flat-leaf parsley chopped
- 0.3 teaspoon garlic powder
- 1 lb hearts of romaine trimmed halved
- 0.3 teaspoon kosher salt
- 2 tablespoons mayonnaise
- 4 servings bell pepper

2 tablespoons cup heavy whipping cream sour

## Equipment

bowl

## Directions

Mix sour cream, mayonnaise, buttermilk, salt, garlic powder, and 2 tbsp. water in a medium bowl. Stir in half the cheese, mashing with the back of a spoon to smear into dressing. Chill 30 minutes.

Set a lettuce half on each plate.

Drizzle with dressing and sprinkle with remaining cheese. Top with parsley and pepper.

\*A mini romaine, Little Gem lettuce has sweet, crunchy, and densely packed leaves. Find it at farmers' markets and well-stocked grocery stores.

Make ahead: For dressing, up to 3 hours, chilled.

## Nutrition Facts

 **PROTEIN 16.58%** **FAT 64.51%** **CARBS 18.91%**

## Properties

Glycemic Index:44.25, Glycemic Load:1.41, Inflammation Score:-10, Nutrition Score:24.393043466236%

## Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

## Nutrients (% of daily need)

Calories: 209.47kcal (10.47%), Fat: 15.63g (24.04%), Saturated Fat: 7.11g (44.41%), Carbohydrates: 10.31g (3.44%), Net Carbohydrates: 6.22g (2.26%), Sugar: 5.63g (6.26%), Cholesterol: 29.39mg (9.8%), Sodium: 547.69mg (23.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.04g (18.07%), Vitamin A: 12808.46IU (256.17%), Vitamin K: 193.61µg (184.39%), Vitamin C: 104.94mg (127.2%), Folate: 205.95µg (51.49%), Calcium: 221.6mg (22.16%), Phosphorus: 184.83mg (18.48%), Vitamin B6: 0.36mg (18.13%), Vitamin B2: 0.29mg (16.99%), Fiber: 4.09g (16.35%), Potassium: 562.05mg (16.06%), Manganese: 0.27mg (13.59%), Vitamin E: 1.69mg (11.25%), Vitamin B5: 0.99mg (9.93%), Iron: 1.78mg (9.87%), Vitamin B1: 0.14mg (9.54%), Zinc: 1.33mg (8.9%), Magnesium: 35.53mg

(8.88%), Selenium: 5.63µg (8.04%), Vitamin B12: 0.44µg (7.26%), Vitamin B3: 1.44mg (7.22%), Copper: 0.09mg (4.56%), Vitamin D: 0.35µg (2.34%)