



Roasted lettuce



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



153 kcal

SIDE DISH

Ingredients



2 large little gem lettuces



4 servings salt



2 tbsp olive oil



1 tbsp rice vinegar

Equipment



frying pan



paper towels

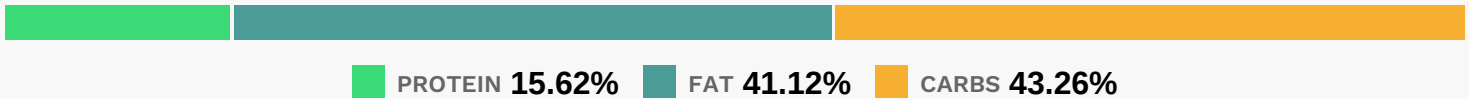


wok

Directions

- ☐ Break off the outside leaves of the lettuces.
- ☐ Lay them on a plate and season with salt. Leave for about 15 mins to 'bleed' and soften.
- ☐ Heat a large frying pan or wok until very hot. Toss the leaves with the olive oil and stir-fry for just a min until they begin to wilt.
- ☐ Mix in the rice wine vinegar and drain on paper towel. Tastes better than spinach!

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:4.08, Inflammation Score:-9, Nutrition Score:24.107826124067%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 153.19kcal (7.66%), Fat: 8.02g (12.34%), Saturated Fat: 1.22g (7.6%), Carbohydrates: 18.98g (6.33%), Net Carbohydrates: 12.75g (4.64%), Sugar: 12.46g (13.85%), Cholesterol: 0mg (0%), Sodium: 205.33mg (8.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.71%), Vitamin C: 96.31mg (116.73%), Vitamin B6: 1.24mg (61.75%), Manganese: 0.99mg (49.7%), Vitamin B2: 0.8mg (47.32%), Potassium: 1484.41mg (42.41%), Folate: 164.29µg (41.07%), Fiber: 6.23g (24.93%), Magnesium: 96.35mg (24.09%), Vitamin A: 1133IU (22.66%), Phosphorus: 215.42mg (21.54%), Vitamin K: 21.21µg (20.2%), Vitamin B1: 0.27mg (18.13%), Copper: 0.29mg (14.46%), Vitamin B3: 2.76mg (13.79%), Iron: 2.02mg (11.25%), Vitamin E: 1.69mg (11.25%), Zinc: 1.64mg (10.96%), Vitamin B5: 0.88mg (8.78%), Calcium: 85.39mg (8.54%), Selenium: 1.15µg (1.65%)