

Romaine Hearts with Greek Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



230 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 20 kalamata olives
- ☐ 1.5 tablespoons juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 12 medium rings onion red thinly sliced ()
- ☐ 0.5 teaspoon oregano dried
- ☐ 4 small hearts romaine lettuce
- ☐ 0.3 teaspoon salt

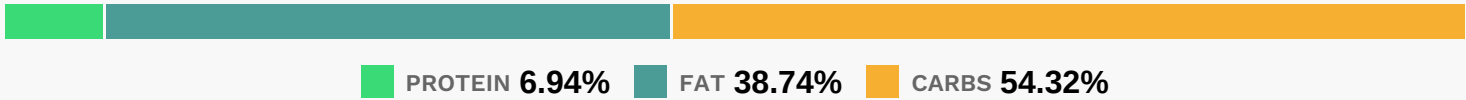
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cut each of the romaine hearts in half, leaving the stem end intact so the leaves stay together. Top each with a few rings of onions, and place 5 olives in a small pile on each plate.
- ☐ In a small bowl, whisk together the oil, lemon juice, oregano, salt and pepper.
- ☐ Drizzle some dressing over each lettuce half and serve.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:6.82, Inflammation Score:-10, Nutrition Score:14.199565296588%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 16.53mg, Isorhamnetin: 16.53mg, Isorhamnetin: 16.53mg, Isorhamnetin: 16.53mg Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 67.63mg, Quercetin: 67.63mg, Quercetin: 67.63mg, Quercetin: 67.63mg

Nutrients (% of daily need)

Calories: 229.79kcal (11.49%), Fat: 10.5g (16.16%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 33.14g (11.05%), Net Carbohydrates: 26.13g (9.5%), Sugar: 14.59g (16.21%), Cholesterol: 0mg (0%), Sodium: 473.06mg (20.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.47%), Vitamin A: 2529.14IU (50.58%), Vitamin K: 36.23µg (34.51%), Vitamin C: 27.72mg (33.6%), Fiber: 7.01g (28.03%), Folate: 103.11µg (25.78%), Manganese: 0.5mg (24.77%), Vitamin B6: 0.43mg (21.42%), Potassium: 569.73mg (16.28%), Vitamin E: 1.93mg (12.85%), Vitamin B1: 0.18mg (11.87%), Phosphorus: 105.88mg (10.59%), Magnesium: 40.31mg (10.08%), Calcium: 100.47mg (10.05%), Copper: 0.17mg (8.5%), Iron: 1.21mg (6.72%), Vitamin B2: 0.11mg (6.56%), Vitamin B5: 0.46mg (4.61%), Zinc: 0.64mg (4.3%), Selenium: 1.96µg (2.81%), Vitamin B3: 0.54mg (2.68%)