

SIDE DISH

Wedge Salad with Homemade French Dressing

7 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
20 min	15 min	5 min	4	\$1.23	257 kcal



You can never have too many Mediterranean recipes, so give Wedge Salad with Homemade French Dressing a try. Watching your figure? This gluten free recipe has 257 calories, 5g of protein, and 22g of fat per serving. This recipe serves 4.

Ingredients

- | | |
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| ☐ 1 cup halved cherry tomatoes | ☐ 4 slices bacon, cooked crisp and crumbled |
| ☐ 1 teaspoon dry mustard | ☐ 1 head iceberg lettuce |
| ☐ ½ lemon, juiced | ☐ ¼ cup ketchup |
| ☐ ½ teaspoon paprika | ☐ 4 servings Salt and freshly ground black pepper |
| ☐ 1 tablespoon sour cream | ☐ 1 teaspoon sugar |
| ☐ 1/3 cup vegetable oil | ☐ ¼ cup white wine vinegar |

☐ 1 teaspoon Worcestershire sauce

EQUIPMENT Bowl, Whisk

Method

- 1 Remove the outside leaves from the lettuce and cut in half.
- 2 Remove the core and slice the halves in half again, making 4 wedges and wash thoroughly.
- 3 Drizzle with Creamy French Dressing and sprinkle the tomato halves and bacon over the salad.
- 4 Combine the first 8 ingredients in a small bowl.
- 5 Add the oil slowly while whisking constantly. Season, to taste, with salt and pepper.

Nutrition per serving

257

KCAL

5 g

PROTEIN

22 g

FAT

12 g

CARBS

Saturated Fat

4.1 g · 26% of daily needs

Fibre

2.1 g · 8% of daily needs

Sugar

8.2 g · 9% of daily needs

Sodium

310 mg · 13% of daily needs

Cholesterol

9.7 mg · 3% of daily needs

Vitamin C

14.7 mg · 18% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/wedge-salad-with-homemade-french-dressing-148583