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Korean-Style Romaine ♦♦

Korean-Style Romaine is a traditional Korean dish made with fresh romaine lettuce and a flavorful dressing. It is commonly consumed as a side dish or as a part of a larger Korean meal. The dish is known for its crisp texture and bold flavors.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Romaine Lettuce
2 tbsp	soy sauce
1 tbsp	sesame oil
2 cloves	garlic
1 tsp	Ginger

2 stalks Green Onions

0.5 tsp red pepper flakes

1 tsp sesame seeds

Directions

Step 1

Preparation

Wash and dry the romaine lettuce leaves.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Chop the garlic, ginger, and green onions.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a small bowl, mix together soy sauce, sesame oil, garlic, ginger, green onions, and red pepper flakes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Serving

Drizzle the dressing over the romaine lettuce leaves.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 70 kcal

Fat: 4 g

Protein: 3 g

Carbohydrates: 7 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	7 g	12.73%	14%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	110 iu	12.22%	15.71%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	8 mg	0.8%	0.8%
Iron	10 mg	125%	55.56%
Potassium	250 mg	7.35%	9.62%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Cuisines

Korean

Chinese

Mexican

Spanish

American

Middle Eastern

Course

Salads

Snacks

Appetizers

Side Dishes

Sauces & Dressings

Cooking Method

Steaming

Diet

Anti-Inflammatory Diet

Nutritional Content

Low Calorie

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Oven

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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