



11-Layer Garden in a Bowl

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



1028 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups broccoli flowerets
- ☐ 2 cups cauliflower flowerets
- ☐ 1 cup cherry tomatoes halved
- ☐ 1 pound bacon crumbled cooked
- ☐ 1 bell pepper diced green
- ☐ 1 tablespoon penzey's southwest seasoning italian
- ☐ 3 cups mayonnaise
- ☐ 20 oz salad greens mixed

- ☐ 1 cup mushrooms sliced
- ☐ 10 oz peas frozen thawed
- ☐ 1 onion diced red
- ☐ 1 cup cheddar cheese shredded
- ☐ 0.7 cup sugar

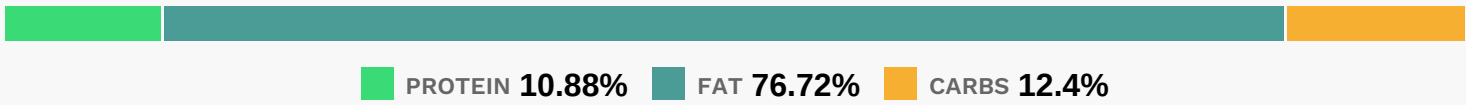
Equipment

- ☐ bowl
- ☐ glass baking pan

Directions

- ☐ In a bowl, mix mayonnaise and sugar until blended; set aside.
- ☐ Layer half the salad greens in a large serving bowl or 13"x9" glass baking pan.
- ☐ Layer with half the mayonnaise mixture, half the remaining ingredients except tomatoes and seasoning. Repeat layers. Top with tomatoes and sprinkle with seasoning. Cover and refrigerate 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:41.18, Glycemic Load:14.28, Inflammation Score:-9, Nutrition Score:29.280869494314%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 1028.25kcal (51.41%), Fat: 88.06g (135.48%), Saturated Fat: 19.47g (121.67%), Carbohydrates: 32.02g (10.67%), Net Carbohydrates: 27.92g (10.15%), Sugar: 21.69g (24.1%), Cholesterol: 105.54mg (35.18%), Sodium: 1617.25mg (70.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.11g (56.22%), Vitamin K: 177.93µg

(169.45%), Vitamin C: 79.78mg (96.7%), Selenium: 37.7µg (53.86%), Phosphorus: 417.18mg (41.72%), Vitamin B3: 8.01mg (40.04%), Vitamin B1: 0.51mg (33.73%), Vitamin A: 1587.41IU (31.75%), Vitamin B6: 0.6mg (30.22%), Vitamin E: 3.61mg (24.1%), Folate: 94.58µg (23.64%), Vitamin B2: 0.4mg (23.5%), Potassium: 796.32mg (22.75%), Manganese: 0.45mg (22.36%), Zinc: 3.28mg (21.83%), Calcium: 163.94mg (16.39%), Fiber: 4.09g (16.38%), Vitamin B5: 1.49mg (14.92%), Vitamin B12: 0.87µg (14.56%), Magnesium: 57.4mg (14.35%), Iron: 2.48mg (13.75%), Copper: 0.27mg (13.55%), Vitamin D: 0.5µg (3.36%)