



7th-Heaven Layered Salad

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



505 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 carrots peeled sliced
- ☐ 1 pound bacon crumbled cooked
- ☐ 8 oz cream cheese softened
- ☐ 1 cucumber sliced
- ☐ 1 teaspoon basil dried
- ☐ 0.5 teaspoon garlic powder
- ☐ 10 green onions finely chopped
- ☐ 0.5 head lettuce

- ☐ 1 cup mayonnaise
- ☐ 0.5 teaspoon onion powder
- ☐ 8 oz sharp cheddar cheese shredded
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 2 tomatoes chopped

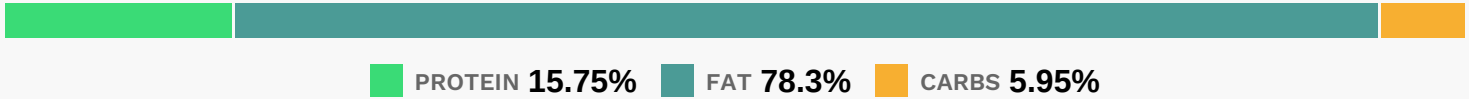
Equipment

- ☐ glass baking pan

Directions

- ☐ Blend together cream cheese, mayonnaise, sour cream and seasonings; cover and set aside.
- ☐ Layer lettuce, tomatoes, cucumber, carrots and onions in a glass trifle dish or 13"x9" glass baking pan; spoon cream cheese mixture over top.
- ☐ Sprinkle with Cheddar cheese and bacon. Cover and refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:22.74, Glycemic Load:1.49, Inflammation Score:-9, Nutrition Score:17.416521725447%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 505.22kcal (25.26%), Fat: 44.05g (67.77%), Saturated Fat: 16.13g (100.79%), Carbohydrates: 7.54g (2.51%), Net Carbohydrates: 6.1g (2.22%), Sugar: 3.83g (4.25%), Cholesterol: 94.56mg (31.52%), Sodium: 958.55mg (41.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.93g (39.86%), Vitamin A: 3538.22IU (70.76%), Vitamin K: 64.54µg (61.47%), Selenium: 27.44µg (39.21%), Phosphorus: 296.64mg (29.66%), Vitamin B3: 4.38mg (21.9%), Calcium: 201.07mg (20.11%), Vitamin B1: 0.27mg (17.89%), Vitamin B2: 0.28mg (16.71%), Vitamin B6: 0.3mg

(15.24%), Zinc: 2.24mg (14.9%), Potassium: 450.97mg (12.88%), Vitamin B12: 0.72µg (11.94%), Vitamin E: 1.47mg (9.82%), Vitamin C: 7.21mg (8.74%), Vitamin B5: 0.85mg (8.55%), Magnesium: 32.06mg (8.02%), Folate: 30.51µg (7.63%), Manganese: 0.13mg (6.68%), Fiber: 1.43g (5.73%), Copper: 0.11mg (5.49%), Iron: 0.94mg (5.24%), Vitamin D: 0.3µg (2.01%)