



Apple and Bacon Wedge Salads

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



302 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 slices bacon
- ☐ 2 apples chopped
- ☐ 1 teaspoons juice of lime
- ☐ 1 head lettuce cut into 8 wedges
- ☐ 1 cup cheese dressing blue
- ☐ 1 oz cheese blue crumbled

Equipment

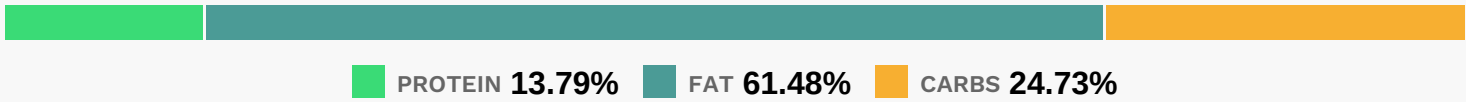
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 400°F. Line cookie sheet with foil.
- ☐ Place bacon on cookie sheet.
- ☐ Bake 10 to 15 minutes, turning once, until crisp. Cool 5 minutes. Chop bacon or crumble into small pieces.
- ☐ In medium bowl, toss apples with lemon juice.
- ☐ On serving platter or individual plates, arrange lettuce wedges. Top with dressing, bacon, apples and cheese.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:4.13, Inflammation Score:-6, Nutrition Score:10.273913103601%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

Nutrients (% of daily need)

Calories: 302.27kcal (15.11%), Fat: 21.08g (32.43%), Saturated Fat: 7.74g (48.39%), Carbohydrates: 19.07g (6.36%), Net Carbohydrates: 15.26g (5.55%), Sugar: 13.9g (15.45%), Cholesterol: 29.69mg (9.9%), Sodium: 909.37mg (39.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.64g (21.28%), Vitamin K: 37.96µg (36.15%), Phosphorus: 167.24mg (16.72%), Vitamin A: 795.44IU (15.91%), Fiber: 3.81g (15.22%), Selenium: 9.38µg (13.4%), Calcium: 123.62mg (12.36%), Vitamin B1: 0.18mg (12.31%), Folate: 46.32µg (11.58%), Potassium: 381.32mg (10.89%), Vitamin B6: 0.21mg (10.71%), Vitamin C: 8.52mg (10.32%), Vitamin B2: 0.17mg (10.3%), Manganese: 0.21mg (10.26%), Vitamin B3: 1.8mg (9.01%), Vitamin B12: 0.41µg (6.79%), Zinc: 1.01mg (6.71%), Iron: 1.14mg (6.33%), Magnesium: 24.32mg (6.08%), Vitamin B5: 0.5mg (5.02%), Vitamin E: 0.73mg (4.9%), Copper: 0.08mg (4.13%), Vitamin D: 0.18µg (1.2%)