



## Aunt Mary's Layered Salad

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



878 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 pound bacon
- 1 head cauliflower chopped
- 1 head iceberg lettuce dried rinsed chopped
- 32 ounce mayonnaise
- 1 onion chopped
- 16 ounce peas green frozen
- 16 ounces sharp cheddar cheese shredded

### Equipment

- bowl
- frying pan

## Directions

- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain, crumble and set aside.
- In a large serving bowl place a thin layer of 1/2 of the listed ingredients. Begin with the lettuce followed by onion, cauliflower, cheese, bacon and peas. Repeat.
- Top the salad with mayonnaise and garnish with a sprinkle of crumbled bacon.

## Nutrition Facts

 **PROTEIN 8.07%**  **FAT 86.55%**  **CARBS 5.38%**

## Properties

Glycemic Index:17.69, Glycemic Load:2.82, Inflammation Score:-7, Nutrition Score:20.612173733504%

## Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

## Nutrients (% of daily need)

Calories: 878.47kcal (43.92%), Fat: 84.76g (130.4%), Saturated Fat: 21.23g (132.68%), Carbohydrates: 11.85g (3.95%), Net Carbohydrates: 8.04g (2.93%), Sugar: 4.89g (5.43%), Cholesterol: 94.5mg (31.5%), Sodium: 998.61mg (43.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.78g (35.55%), Vitamin K: 151.8µg (144.57%), Vitamin C: 40.15mg (48.67%), Phosphorus: 316.98mg (31.7%), Calcium: 305.36mg (30.54%), Selenium: 21.09µg (30.13%), Vitamin E: 3.1mg (20.64%), Folate: 78.37µg (19.59%), Vitamin A: 956.7IU (19.13%), Vitamin B1: 0.27mg (18%), Vitamin B2: 0.3mg (17.88%), Zinc: 2.63mg (17.52%), Vitamin B6: 0.31mg (15.73%), Manganese: 0.31mg (15.52%), Fiber: 3.81g (15.23%), Vitamin B3: 2.64mg (13.19%), Potassium: 431.29mg (12.32%), Vitamin B12: 0.68µg (11.34%), Magnesium: 39.22mg (9.8%), Vitamin B5: 0.91mg (9.07%), Iron: 1.33mg (7.41%), Copper: 0.14mg (7.14%), Vitamin D: 0.53µg (3.53%)