



Baby Leaf Salad with Bacon

 **Gluten Free**

READY IN



38 min.

SERVINGS



4

CALORIES



461 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces bacon good
- 0.5 teaspoon pepper black freshly ground
- 2 teaspoons dijon mustard
- 1 extra large egg yolk at room temperature
- 2 large garlic cloves chopped
- 4 servings mesclun greens dry washed and spun for 4,
- 2 teaspoons kosher salt
- 0.5 cup juice of lemon freshly squeezed (3 lemons)

- 1.5 cups olive oil good
- 0.5 cup parmesan good freshly grated chunk

Equipment

- food processor
- bowl
- baking sheet
- paper towels
- oven
- knife
- peeler

Directions

- Preheat the oven to 400 degrees F.
- Lay the bacon on a baking sheet, and bake for 20 to 25 minutes, or until crisp. Dry on paper towels and large dice.
- For the dressing, place the egg yolk, mustard, garlic, lemon juice, salt, and pepper into the bowl of a food processor fitted with steel blade. Process until smooth. With the food processor running, slowly pour the olive oil through the feed tube (as though you were making mayonnaise) and process until thick.
- Add 1/2 cup grated Parmesan and pulse 3 times.
- Toss the lettuce with enough dressing to moisten well. Divide the lettuce among 4 plates. With a very sharp knife or a vegetable peeler, shave the Parmesan into large shards and arrange them on the lettuce.
- Sprinkle the diced bacon over the salad and serve.

Nutrition Facts

 **PROTEIN 11.34%**  **FAT 83.94%**  **CARBS 4.72%**

Properties

Glycemic Index:30.25, Glycemic Load:0.29, Inflammation Score:-5, Nutrition Score:10.457391194675%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 460.63kcal (23.03%), Fat: 43.33g (66.66%), Saturated Fat: 12.28g (76.77%), Carbohydrates: 5.47g (1.82%), Net Carbohydrates: 5.18g (1.88%), Sugar: 0.95g (1.05%), Cholesterol: 94.52mg (31.51%), Sodium: 1779.33mg (77.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.17g (26.35%), Vitamin C: 21.56mg (26.14%), Selenium: 18µg (25.71%), Phosphorus: 209.38mg (20.94%), Vitamin E: 2.78mg (18.52%), Calcium: 169.95mg (16.99%), Vitamin B1: 0.2mg (13.11%), Vitamin B3: 2.59mg (12.95%), Vitamin A: 643IU (12.86%), Vitamin B6: 0.25mg (12.25%), Vitamin K: 10.47µg (9.97%), Vitamin B12: 0.52µg (8.69%), Zinc: 1.25mg (8.37%), Vitamin B2: 0.14mg (8.21%), Manganese: 0.14mg (7.2%), Folate: 28.61µg (7.15%), Potassium: 242.37mg (6.92%), Vitamin B5: 0.61mg (6.14%), Magnesium: 20.79mg (5.2%), Iron: 0.92mg (5.14%), Vitamin D: 0.53µg (3.55%), Copper: 0.07mg (3.34%), Fiber: 0.29g (1.17%)