



Bacon and Lettuce Salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



182 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 pound meaty bacon smoked
- ☐ 0.1 teaspoon pepper black
- ☐ 16 cups boston lettuce (3 heads)
- ☐ 0.5 teaspoon dijon mustard
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon shallots finely chopped
- ☐ 2 tablespoons balsamic vinegar white

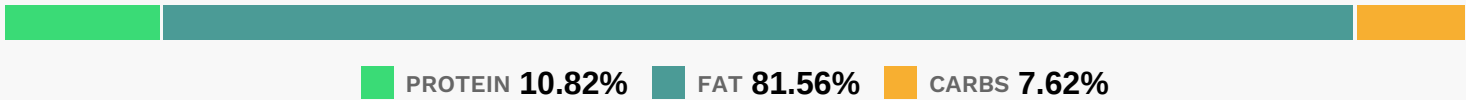
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ ziploc bags
- ☐ slotted spoon

Directions

- ☐ Cook bacon in a 12-inch nonstick skillet over moderate heat, stirring, just until crisp.
- ☐ Transfer with a slotted spoon to paper towels to drain, discarding fat from skillet.
- ☐ Whisk together vinegar, shallot, mustard, salt, and pepper in a large bowl, then add oil in a slow stream, whisking until emulsified.
- ☐ Add lettuce and bacon and toss well.
- ☐ Lettuce can be washed and torn 1 day ahead and chilled in a sealed plastic bag lined with paper towels.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.4, Inflammation Score:-9, Nutrition Score:12.770869586779%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 182.32kcal (9.12%), Fat: 16.73g (25.75%), Saturated Fat: 4.52g (28.28%), Carbohydrates: 3.52g (1.17%), Net Carbohydrates: 2.36g (0.86%), Sugar: 1.64g (1.82%), Cholesterol: 18.71mg (6.24%), Sodium: 269.96mg (11.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5g (9.99%), Vitamin K: 105.53µg (100.5%), Vitamin A: 3322.93IU

(66.46%), Folate: 73.45µg (18.36%), Manganese: 0.2mg (9.82%), Selenium: 6.42µg (9.17%), Vitamin B1: 0.14mg (9.11%), Potassium: 303.74mg (8.68%), Vitamin B6: 0.16mg (8.1%), Iron: 1.44mg (7.99%), Phosphorus: 75.72mg (7.57%), Vitamin B3: 1.5mg (7.51%), Vitamin E: 1.06mg (7.07%), Vitamin B2: 0.09mg (5.03%), Fiber: 1.16g (4.65%), Vitamin C: 3.8mg (4.61%), Magnesium: 17.35mg (4.34%), Calcium: 38.39mg (3.84%), Zinc: 0.55mg (3.64%), Vitamin B5: 0.31mg (3.12%), Vitamin B12: 0.14µg (2.36%), Copper: 0.03mg (1.54%)