



WHATSheATE



Bacon, Lettuce, and Cherry Tomato Salad with Aioli Dressing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



170 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 ounces applewood-smoked bacon (6 slices)
- ☐ 8 ounces cherry tomatoes halved
- ☐ 1 garlic clove pressed
- ☐ 3 tablespoons mayonnaise
- ☐ 12 cups torn romaine lettuce (from 1 large head; 13 ounces)
- ☐ 1.5 tablespoons white-wine vinegar

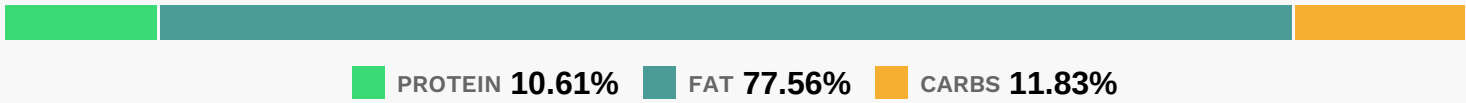
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Cook bacon in large skillet over medium heat until crisp; transfer to paper towels. Crumble bacon coarsely.
- ☐ Pour off all but 1 tablespoon drippings from skillet; reserve skillet.
- ☐ Place lettuce and tomatoes in large serving bowl.
- ☐ Heat bacon drippings in skillet over medium heat.
- ☐ Add garlic, then mayonnaise and vinegar; whisk until blended, 30 to 40 seconds. Season dressing to taste with salt and pepper.
- ☐ Pour over lettuce and tomatoes and toss to coat.
- ☐ Sprinkle bacon over.
- ☐ Serve immediately.
- ☐ Per serving: 118 calories, 9 g fat, 3 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:0.07, Inflammation Score:-10, Nutrition Score:15.607826046322%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 170.36kcal (8.52%), Fat: 14.94g (22.98%), Saturated Fat: 4g (25.02%), Carbohydrates: 5.13g (1.71%), Net Carbohydrates: 2.88g (1.05%), Sugar: 2.1g (2.34%), Cholesterol: 18.53mg (6.18%), Sodium: 212.91mg (9.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.19%), Vitamin A: 8385.58IU (167.71%), Vitamin K: 108.83µg (103.64%), Folate: 133.12µg (33.28%), Vitamin C: 12.55mg (15.22%), Potassium: 366.23mg (10.46%), Manganese: 0.2mg (9.93%), Vitamin B1: 0.15mg (9.88%), Fiber: 2.25g (9%), Vitamin B6: 0.17mg (8.45%), Selenium: 5.55µg (7.92%), Phosphorus: 75.34mg (7.53%), Iron: 1.31mg (7.25%), Vitamin B3: 1.45mg (7.24%), Vitamin B2: 0.09mg (5.43%), Magnesium: 19.74mg (4.94%), Vitamin E: 0.67mg (4.44%), Copper: 0.09mg (4.33%), Calcium: 38.05mg (3.8%), Zinc: 0.57mg (3.77%), Vitamin B5: 0.33mg (3.28%), Vitamin B12: 0.13µg (2.11%)