



Bacon-Lettuce-Mozzarella-and-Tomato Salad

READY IN



45 min.

SERVINGS



6

CALORIES



968 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 large head bibb lettuce
- ☐ 16 ounce bread loaf french italian
- ☐ 12 slices bacon thick cooked cut into thirds and
- ☐ 0.3 cup juice of lime
- ☐ 8 ounces mozzarella cheese cut into 1/4-inch-thick slices
- ☐ 6 plum tomatoes cut into 1/4-inch-thick slices
- ☐ 16 ounce balsamic vinaigrette salad dressing

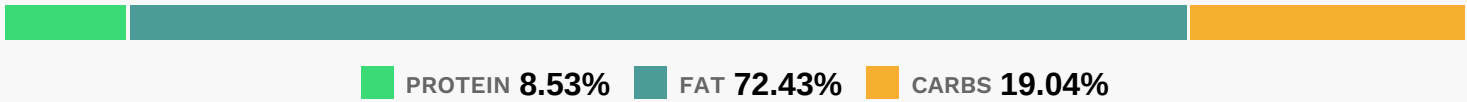
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Stir together vinaigrette and lime juice.
- ☐ Place cheese slices in a 13- x 9-inch baking dish; drizzle with 1 cup vinaigrette mixture, and set remaining vinaigrette mixture aside.
- ☐ Let cheese stand 20 minutes.
- ☐ Slice top one-fourth off bread loaf. Scoop out bread, leaving a 1-inch-thick shell. (Reserve top and center for other uses.)
- ☐ Place shell on a baking sheet, and brush inside evenly with 1/2 cup vinaigrette mixture.
- ☐ Bake at 400 for 12 to 15 minutes or until golden; cool. Line bread bowl with lettuce. Fill with tomato and cheese; top with bacon.
- ☐ Serve with remaining vinaigrette mixture.
- ☐ Note: For vinaigrette, we used Paul Newman's olive oil vinaigrette.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:0.86, Inflammation Score:-8, Nutrition Score:18.72826084365%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 967.61kcal (48.38%), Fat: 78.82g (121.26%), Saturated Fat: 28.31g (176.95%), Carbohydrates: 46.6g (15.53%), Net Carbohydrates: 42.86g (15.59%), Sugar: 27.75g (30.84%), Cholesterol: 45.7mg (15.23%), Sodium: 791.76mg (34.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.9g (41.79%), Vitamin K: 108.33µg (103.17%), Vitamin A: 1684.39IU (33.69%), Vitamin B3: 5.61mg (28.03%), Vitamin E: 4.04mg (26.92%), Phosphorus: 249.59mg (24.96%), Selenium: 15.92µg (22.75%), Calcium: 210.24mg (21.02%), Folate: 80.75µg (20.19%), Vitamin B12: 1.04µg (17.27%), Vitamin B1: 0.25mg (16.57%), Vitamin C: 13.53mg (16.4%), Fiber: 3.74g (14.97%), Potassium: 505.99mg (14.46%), Vitamin B2: 0.24mg (14.28%), Iron: 2.42mg (13.46%), Zinc: 1.91mg (12.77%), Magnesium: 36.8mg (9.2%), Vitamin B6: 0.18mg (8.83%), Manganese: 0.14mg (6.83%), Vitamin B5: 0.34mg (3.44%), Copper: 0.07mg (3.28%), Vitamin D: 0.22µg (1.43%)