



Bacon-Ranch Chopped Salad

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



15

CALORIES



60 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup regular corn frozen thawed
- 6 cups torn lettuce
- 0.5 cup classic ranch dressing kraft
- 0.3 cup oscar mayer real bacon bits
- 1 large tomatoes chopped
- 1 zucchini chopped

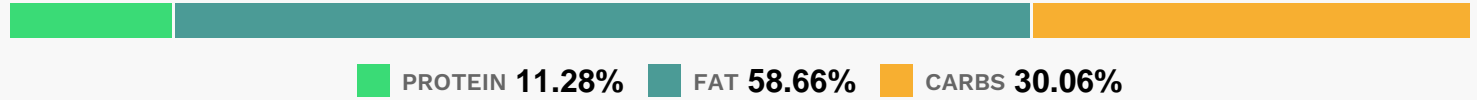
Equipment

- bowl

Directions

- Toss lettuce with tomatoes, zucchini, corn and bacon bits in large bowl.
- Add dressing just before serving; toss to coat.

Nutrition Facts



Properties

Glycemic Index:5.67, Glycemic Load:0.33, Inflammation Score:-3, Nutrition Score:3.1917391719054%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 60.34kcal (3.02%), Fat: 4.16g (6.39%), Saturated Fat: 0.86g (5.37%), Carbohydrates: 4.79g (1.6%), Net Carbohydrates: 3.86g (1.4%), Sugar: 1.59g (1.76%), Cholesterol: 4.77mg (1.59%), Sodium: 133.66mg (5.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Vitamin K: 19.18µg (18.27%), Vitamin C: 5.6mg (6.79%), Vitamin A: 275.26IU (5.51%), Manganese: 0.09mg (4.69%), Folate: 18.03µg (4.51%), Potassium: 140.93mg (4.03%), Phosphorus: 38.09mg (3.81%), Fiber: 0.93g (3.72%), Vitamin B6: 0.07mg (3.26%), Magnesium: 9.62mg (2.41%), Vitamin B1: 0.03mg (2.31%), Vitamin B2: 0.04mg (2.26%), Vitamin E: 0.31mg (2.07%), Vitamin B3: 0.36mg (1.78%), Iron: 0.3mg (1.66%), Vitamin B5: 0.16mg (1.6%), Copper: 0.03mg (1.42%), Zinc: 0.2mg (1.31%), Calcium: 11.17mg (1.12%)