



Bacon-Swiss Tossed Salad

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



517 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound bacon crumbled cooked
- 0.5 cup mayonnaise
- 6 cups the salad mixed
- 10 ounces peas frozen thawed
- 0.3 teaspoon pepper
- 1 medium onion red sliced
- 0.3 teaspoon salt
- 1 tablespoon sugar

8 ounces swiss cheese julienned sliced

Equipment

bowl

Directions

In a small bowl, combine mayonnaise, sugar, salt and pepper. In a large salad bowl, layer a third of the greens and a third of the mayonnaise mixture, onion, peas and cheese. Repeat the layers twice. Cover and refrigerate for at least 2 hours. Just before serving, add the bacon and toss.

Nutrition Facts



PROTEIN 22.96% **FAT 68.98%** **CARBS 8.06%**

Properties

Glycemic Index:31.3, Glycemic Load:2.86, Inflammation Score:-7, Nutrition Score:19.038260869565%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 516.9kcal (25.85%), Fat: 39.35g (60.53%), Saturated Fat: 13.64g (85.23%), Carbohydrates: 10.34g (3.45%), Net Carbohydrates: 8.07g (2.93%), Sugar: 4.17g (4.63%), Cholesterol: 88.38mg (29.46%), Sodium: 1176.71mg (51.16%), Protein: 29.46g (58.93%), Selenium: 38.44µg (54.91%), Phosphorus: 439.72mg (43.97%), Vitamin B3: 6.89mg (34.46%), Vitamin K: 32.16µg (30.63%), Vitamin B1: 0.43mg (28.78%), Calcium: 275.93mg (27.59%), Vitamin C: 22.15mg (26.85%), Vitamin B12: 1.49µg (24.85%), Zinc: 3.52mg (23.48%), Vitamin B6: 0.42mg (21.24%), Vitamin A: 877.89IU (17.56%), Vitamin B2: 0.29mg (16.82%), Potassium: 464.87mg (13.28%), Manganese: 0.23mg (11.51%), Magnesium: 43.55mg (10.89%), Folate: 40.01µg (10%), Fiber: 2.27g (9.08%), Vitamin B5: 0.87mg (8.7%), Copper: 0.16mg (7.96%), Iron: 1.35mg (7.51%), Vitamin E: 0.92mg (6.11%), Vitamin D: 0.25µg (1.7%)