



Beefsteak Tomato, Butterhead Lettuce, and Bacon with Blue Cheese Dressing

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



327 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon chopped
- ☐ 1 large beefsteak tomatoes cut into wedges
- ☐ 0.3 pound cheese blue divided crumbled
- ☐ 0.5 pound boston lettuce
- ☐ 2 tablespoons cider vinegar
- ☐ 3 tablespoons milk plus additional if necessary whole
- ☐ 1 scallion chopped

☐ 0.5 cup cup heavy whipping cream sour

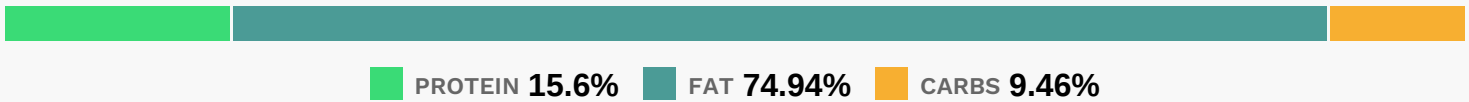
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Cook bacon in a 10-inch skillet over medium heat until crisp.
- ☐ Transfer to paper towels to drain, reserving fat in skillet.
- ☐ Whisk together 1 tablespoon hot bacon fat, sour cream, milk, vinegar, and 1/4 teaspoon each of salt and pepper until smooth. Stir in scallion and 2/3 cup blue cheese. Thin with additional milk if desired.
- ☐ Quarter lettuce lengthwise (through stem) into wedges, then remove core and arrange each wedge on a plate with tomato wedges. Stir dressing and spoon over top.
- ☐ Sprinkle with bacon, remaining 1/3 cup blue cheese, and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:1.32, Inflammation Score:-9, Nutrition Score:16.18956526466%

Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 326.56kcal (16.33%), Fat: 27.47g (42.26%), Saturated Fat: 12.84g (80.27%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 6.08g (2.21%), Sugar: 4.53g (5.04%), Cholesterol: 61.35mg (20.45%), Sodium: 565.61mg (24.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.87g (25.74%), Vitamin K: 72.07µg (68.64%), Vitamin A: 3041.69IU (60.83%), Phosphorus: 231.27mg (23.13%), Calcium: 225.24mg (22.52%), Selenium: 12.39µg (17.7%), Vitamin C: 14.57mg (17.66%), Folate: 67.99µg (17%), Potassium: 540.88mg (15.45%), Vitamin B2: 0.25mg (14.86%),

Vitamin B6: 0.27mg (13.49%), Vitamin B3: 2.38mg (11.89%), Vitamin B1: 0.18mg (11.78%), Manganese: 0.23mg (11.58%), Vitamin B12: 0.63µg (10.53%), Zinc: 1.56mg (10.38%), Vitamin B5: 0.97mg (9.75%), Magnesium: 32.4mg (8.1%), Fiber: 1.72g (6.89%), Iron: 1.24mg (6.86%), Vitamin E: 0.91mg (6.03%), Copper: 0.09mg (4.64%), Vitamin D: 0.4µg (2.65%)