



Beet, Blue Cheese & Bacon Salad

 Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



175 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

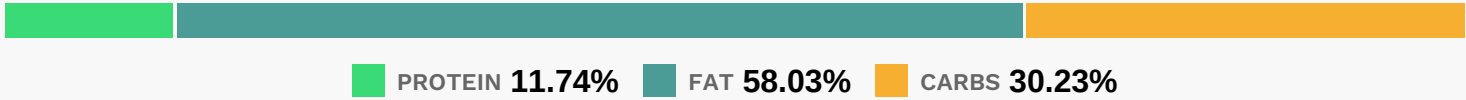
- ☐ 6 slices oscar mayer bacon crumbled fully cooked
- ☐ 15 oz beets whole drained cut into quarters
- ☐ 0.5 cup athenos cheese blue crumbled
- ☐ 0.5 cup seasons dressing mix italian good prepared
- ☐ 0.3 cup onion red
- ☐ 10 oz torn romaine lettuce
- ☐ 0.5 cup planters walnut pieces toasted

Equipment

Directions

- ☐ Layer lettuce, beets, cheese, walnuts, onions and bacon on serving platter.
- ☐ Drizzle with dressing just before serving.

Nutrition Facts



Properties

Glycemic Index:13.8, Glycemic Load:2.05, Inflammation Score:-9, Nutrition Score:9.4843477762264%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 174.72kcal (8.74%), Fat: 11.15g (17.16%), Saturated Fat: 3.4g (21.25%), Carbohydrates: 13.07g (4.36%), Net Carbohydrates: 10.83g (3.94%), Sugar: 3.57g (3.96%), Cholesterol: 13.77mg (4.59%), Sodium: 1087.93mg (47.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.15%), Vitamin A: 2540.91IU (50.82%), Vitamin K: 29.48µg (28.08%), Folate: 93.83µg (23.46%), Manganese: 0.39mg (19.54%), Phosphorus: 92.05mg (9.2%), Fiber: 2.25g (8.98%), Potassium: 283.28mg (8.09%), Copper: 0.15mg (7.42%), Magnesium: 26.53mg (6.63%), Vitamin B6: 0.13mg (6.6%), Vitamin B1: 0.09mg (6.25%), Selenium: 4.35µg (6.21%), Calcium: 59.11mg (5.91%), Zinc: 0.74mg (4.91%), Vitamin B2: 0.08mg (4.84%), Iron: 0.87mg (4.83%), Vitamin B3: 0.9mg (4.5%), Vitamin C: 3.59mg (4.35%), Vitamin B5: 0.33mg (3.34%), Vitamin B12: 0.15µg (2.47%), Vitamin E: 0.17mg (1.13%)