



Big Chopped Salad with Creamy Bacon Dressing

 **Gluten Free** Image not found or type unknown

READY IN

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ready

23 min.

SERVINGS

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servings

10

CALORIES

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calories

197 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 pound bacon diced
- ☐ 2 cucumbers peeled halved seeded
- ☐ 4 ounces gorgonzola crumbled
- ☐ 6 hardboiled eggs roughly chopped
- ☐ 1 lemon zest juiced
- ☐ 1 medium onion red
- ☐ 3 hearts romaine

- ☐ 10 servings salt and pepper black freshly ground
- ☐ 1 cup cup heavy whipping cream sour

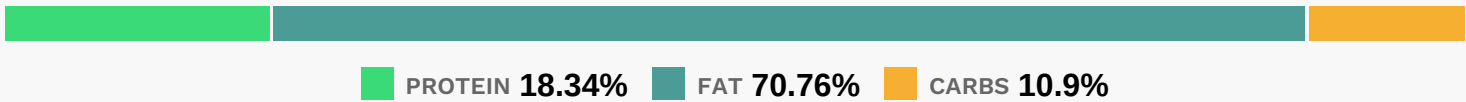
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large saute pan over medium-high heat, add the bacon and saute until browned on all sides, about 8 minutes total.
- ☐ Transfer to a paper towel lined plate to drain. Set aside.
- ☐ Cut the romaine in half lengthwise.
- ☐ Lay flat side down and slice into 1/4-inch thick ribbons.
- ☐ Transfer to a large salad bowl.
- ☐ Cut the cucumber into 1/2-inch cubes and add to bowl. Slice onion into thin half moons and add to the bowl with the lettuce and cucumber.
- ☐ In a blender, combine sour cream, Gorgonzola, bacon, lemon zest and juice and blitz until smooth. Season with salt and pepper, to taste.
- ☐ Pour enough dressing over the salad to generously coat the ingredients.
- ☐ Add the eggs and toss gently.

Nutrition Facts



Properties

Glycemic Index:10.1, Glycemic Load:0.44, Inflammation Score:-9, Nutrition Score:12.429999942365%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 197.25kcal (9.86%), Fat: 15.61g (24.02%), Saturated Fat: 6.96g (43.49%), Carbohydrates: 5.41g (1.8%), Net Carbohydrates: 4g (1.46%), Sugar: 2.9g (3.22%), Cholesterol: 141.46mg (47.15%), Sodium: 254.22mg (11.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.21%), Vitamin A: 3386.97IU (67.74%), Vitamin K: 39.98µg (38.08%), Selenium: 14.27µg (20.39%), Folate: 75.35µg (18.84%), Vitamin B2: 0.29mg (16.85%), Phosphorus: 155.48mg (15.55%), Calcium: 122.04mg (12.2%), Vitamin B5: 0.96mg (9.65%), Vitamin B12: 0.58µg (9.61%), Potassium: 301.71mg (8.62%), Vitamin B6: 0.16mg (8.25%), Vitamin B1: 0.11mg (7.17%), Zinc: 1.03mg (6.85%), Manganese: 0.14mg (6.79%), Vitamin C: 5.07mg (6.15%), Magnesium: 22.58mg (5.64%), Fiber: 1.41g (5.63%), Iron: 0.95mg (5.3%), Vitamin D: 0.76µg (5.08%), Copper: 0.08mg (4.12%), Vitamin B3: 0.76mg (3.78%), Vitamin E: 0.54mg (3.6%)