



Bistro Salad

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

READY IN



20 min.

SERVINGS



20

CALORIES



71 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

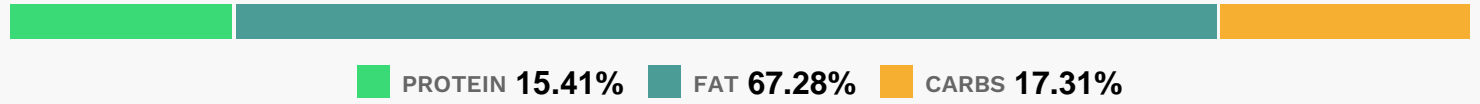
- 6 slices oscar mayer bacon crumbled cooked
- 0.3 cup balsamic vinaigrette dressing kraft
- 6 cups torn boston lettuce
- 1 cup croutons
- 0.5 lb green beans fresh trimmed
- 4 hard-cooked eggs chopped
- 0.5 cup onions red thinly sliced

Equipment

Directions

- Cover platter with lettuce.
- Arrange bacon, onions, eggs, beans and croutons in rows over lettuce.
- Drizzle with dressing; toss lightly.

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:1.04, Inflammation Score:-4, Nutrition Score:3.9460869483326%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 70.61kcal (3.53%), Fat: 5.28g (8.13%), Saturated Fat: 1.37g (8.56%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 2.44g (0.89%), Sugar: 0.92g (1.03%), Cholesterol: 41.66mg (13.89%), Sodium: 103.55mg (4.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.45%), Vitamin K: 20.27µg (19.3%), Vitamin A: 629.57IU (12.59%), Selenium: 5.15µg (7.35%), Folate: 21.83µg (5.46%), Vitamin B2: 0.08mg (4.88%), Phosphorus: 38.85mg (3.88%), Vitamin B1: 0.05mg (3.59%), Manganese: 0.07mg (3.37%), Vitamin B6: 0.06mg (3.16%), Iron: 0.52mg (2.88%), Vitamin C: 2.23mg (2.71%), Potassium: 93mg (2.66%), Vitamin B3: 0.49mg (2.47%), Fiber: 0.62g (2.46%), Vitamin B12: 0.14µg (2.4%), Vitamin B5: 0.24mg (2.36%), Magnesium: 7.44mg (1.86%), Zinc: 0.26mg (1.73%), Calcium: 17.23mg (1.72%), Vitamin D: 0.25µg (1.64%), Vitamin E: 0.21mg (1.37%)