

BLT Bow Tie Salad

 Dairy Free

READY IN



150 min.

SERVINGS



10

CALORIES



361 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 ounce bow tie pasta (farfalle)
- ☐ 0.8 cup bacon crumbled cooked
- ☐ 1 pinch garlic salt to taste
- ☐ 10 servings ground pepper black to taste
- ☐ 0.8 cup mayonnaise
- ☐ 1 pinch onion powder to taste
- ☐ 0.8 cup ranch dressing
- ☐ 0.5 head romaine lettuce

☐ 2.5 cups tomatoes fresh diced

Equipment

☐ bowl

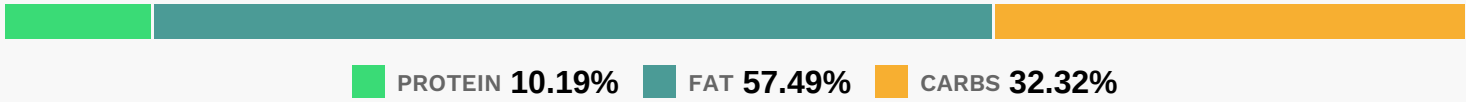
☐ whisk

☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook bow tie pasta at a boil, stirring occasionally, until cooked through yet firm to the bite, about 12 minutes; drain.
- ☐ Transfer to a large bowl.
- ☐ Stir tomatoes, bacon, and romaine lettuce into bow tie pasta.
- ☐ Whisk mayonnaise, ranch dressing, onion powder, garlic salt, and black pepper together in a small bowl.
- ☐ Pour over pasta mixture; toss to coat. Chill in refrigerator for 2 to 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:16.2, Glycemic Load:10.65, Inflammation Score:-9, Nutrition Score:13.318260720243%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 360.73kcal (18.04%), Fat: 23.08g (35.5%), Saturated Fat: 4.55g (28.43%), Carbohydrates: 29.18g (9.73%), Net Carbohydrates: 26.95g (9.8%), Sugar: 3.21g (3.56%), Cholesterol: 23.85mg (7.95%), Sodium: 533.49mg (23.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.2g (18.41%), Vitamin K: 86.73µg (82.6%), Vitamin A: 3054.83IU (61.1%), Selenium: 22.66µg (32.37%), Manganese: 0.43mg (21.29%), Folate: 55.92µg (13.98%), Phosphorus: 120.11mg (12.01%), Fiber: 2.23g (8.93%), Vitamin E: 1.23mg (8.21%), Vitamin C: 6.38mg (7.73%),

Potassium: 258.65mg (7.39%), Copper: 0.14mg (7.19%), Magnesium: 27.86mg (6.97%), Vitamin B6: 0.11mg (5.45%), Iron: 0.95mg (5.27%), Vitamin B1: 0.07mg (4.79%), Vitamin B3: 0.91mg (4.54%), Zinc: 0.68mg (4.51%), Vitamin B5: 0.4mg (3.99%), Vitamin B2: 0.07mg (3.97%), Calcium: 28.41mg (2.84%)