

BLT Bread Salad

READY IN



45 min.

SERVINGS



4

CALORIES



379 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 2 garlic cloves minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 4 cups bread italian cubed toasted (1-inch)
- ☐ 0.1 teaspoon kosher salt
- ☐ 2 tablespoons mayonnaise reduced-fat
- ☐ 0.3 cup nonfat buttermilk

- ☐ 1 cup onion vertically sliced
- ☐ 4 cups plum tomatoes chopped (6)
- ☐ 3 cups torn romaine lettuce
- ☐ 3 slices center-cut bacon
- ☐ 1 teaspoon citrus champagne vinegar

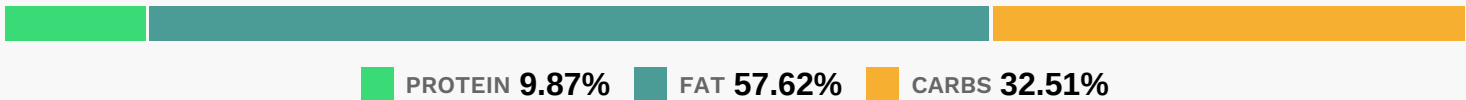
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 9 ingredients in a large bowl, stirring with a whisk. Set aside.
- ☐ Cook bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan, reserving 2 teaspoons drippings. Crumble bacon, and set aside.
- ☐ Add reserved drippings to bowl; stir with a whisk.
- ☐ Add bacon and remaining ingredients; toss well.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:3.42, Inflammation Score:-10, Nutrition Score:19.404782554378%

Flavonoids

Naringenin: 1.61mg, Naringenin: 1.61mg, Naringenin: 1.61mg, Naringenin: 1.61mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 10.29mg, Quercetin: 10.29mg, Quercetin: 10.29mg, Quercetin: 10.29mg

Nutrients (% of daily need)

Calories: 379.3kcal (18.97%), Fat: 24.84g (38.22%), Saturated Fat: 9.59g (59.94%), Carbohydrates: 31.54g (10.51%), Net Carbohydrates: 26.13g (9.5%), Sugar: 18.27g (20.3%), Cholesterol: 19.33mg (6.44%), Sodium: 461.78mg (20.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.58g (19.16%), Vitamin A: 5085.14IU (101.7%), Vitamin K: 60.45µg (57.57%), Vitamin C: 37.55mg (45.51%), Folate: 109.19µg (27.3%), Potassium: 835.56mg (23.87%), Manganese: 0.44mg (22.18%), Fiber: 5.4g (21.62%), Vitamin B3: 3.93mg (19.67%), Vitamin B6: 0.36mg (17.85%), Vitamin B1: 0.25mg (16.76%), Phosphorus: 133.57mg (13.36%), Vitamin E: 1.92mg (12.77%), Magnesium: 44.65mg (11.16%), Iron: 1.87mg (10.36%), Copper: 0.19mg (9.7%), Selenium: 6.61µg (9.44%), Vitamin B2: 0.13mg (7.64%), Zinc: 0.96mg (6.41%), Calcium: 53.67mg (5.37%), Vitamin B5: 0.48mg (4.8%), Vitamin B12: 0.14µg (2.25%)