



BLT Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



316 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 bacon diced
- 4 cups the salad
- 1 medium tomatoes chopped
- 0.5 cup cheddar cheese cubed
- 0.3 cup mayonnaise
- 1 tablespoons sugar
- 2 teaspoons apple cider vinegar
- 1 serving salt and pepper to taste

0.5 cup croutons

Equipment

bowl

frying pan

paper towels

microwave

Directions

In a skillet or microwave, cook bacon until crisp.

Drain on paper towels. In a salad bowl, combine the greens, tomato and cheese. In a small bowl, combine the mayonnaise, sugar, vinegar, salt and pepper.

Pour over salad; toss to coat.

Sprinkle with bacon and croutons.

Nutrition Facts

PROTEIN 9.44% **FAT 79.21%** **CARBS 11.35%**

Properties

Glycemic Index:74.27, Glycemic Load:4.41, Inflammation Score:-6, Nutrition Score:8.139130504235%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 315.58kcal (15.78%), Fat: 27.84g (42.84%), Saturated Fat: 7.89g (49.31%), Carbohydrates: 8.98g (2.99%), Net Carbohydrates: 8.42g (3.06%), Sugar: 3.97g (4.41%), Cholesterol: 36.49mg (12.16%), Sodium: 443.27mg (19.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.93%), Vitamin K: 33.19µg (31.61%), Vitamin A: 872.35IU (17.45%), Vitamin C: 13.49mg (16.35%), Selenium: 10.44µg (14.91%), Phosphorus: 127.79mg (12.78%), Calcium: 113.82mg (11.38%), Vitamin B1: 0.11mg (7.56%), Vitamin B3: 1.5mg (7.49%), Vitamin B2: 0.12mg (7.07%), Folate: 28.26µg (7.07%), Vitamin E: 0.98mg (6.53%), Zinc: 0.98mg (6.51%), Vitamin B6: 0.13mg (6.37%), Manganese: 0.12mg (6.21%), Potassium: 206.39mg (5.9%), Vitamin B12: 0.28µg (4.7%), Magnesium: 15.71mg (3.93%), Iron:

0.65mg (3.59%), Copper: 0.06mg (3.11%), Vitamin B5: 0.3mg (3.04%), Fiber: 0.56g (2.24%), Vitamin D: 0.21µg (1.4%)