



BLT Salad

 **Gluten Free**  **Popular**

READY IN



25 min.

SERVINGS



6

CALORIES



583 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound bacon
- 2 cups seasoned croutons
- 1 teaspoon garlic powder
- 0.1 teaspoon ground pepper black
- 0.8 cup mayonnaise
- 0.3 cup milk
- 1 head romaine lettuce dried shredded rinsed
- 6 servings salt to taste

2 large tomatoes chopped

Equipment

food processor

bowl

frying pan

blender

Directions

Place bacon in a large, deep skillet. Cook over medium high heat, turning frequently, until evenly browned.

Drain, crumble and set aside.

In a blender or food processor, combine mayonnaise, milk, garlic powder and black pepper. Blend until smooth. Season the dressing with salt.

Combine lettuce, tomatoes, bacon and croutons in a large salad bowl. Toss with dressing, and serve immediately.

Nutrition Facts



PROTEIN 9.05% **FAT 80.6%** **CARBS 10.35%**

Properties

Glycemic Index:39.17, Glycemic Load:5.83, Inflammation Score:-10, Nutrition Score:21.667826092761%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

Nutrients (% of daily need)

Calories: 582.86kcal (29.14%), Fat: 52.37g (80.58%), Saturated Fat: 13.73g (85.8%), Carbohydrates: 15.13g (5.04%), Net Carbohydrates: 11.65g (4.24%), Sugar: 3.5g (3.89%), Cholesterol: 62.88mg (20.96%), Sodium: 957.41mg (41.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.24g (26.47%), Vitamin A: 9655.66IU (193.11%), Vitamin K: 157.48µg (149.98%), Folate: 165.84µg (41.46%), Selenium: 20.32µg (29.03%), Vitamin B1: 0.38mg

(25.28%), Vitamin B3: 4.29mg (21.43%), Phosphorus: 184.51mg (18.45%), Vitamin B6: 0.35mg (17.31%), Potassium: 590.98mg (16.89%), Vitamin C: 12.49mg (15.14%), Manganese: 0.3mg (15.11%), Fiber: 3.48g (13.94%), Vitamin E: 1.72mg (11.44%), Vitamin B2: 0.19mg (11.18%), Iron: 1.99mg (11.04%), Zinc: 1.42mg (9.49%), Magnesium: 35.41mg (8.85%), Vitamin B12: 0.47µg (7.77%), Vitamin B5: 0.75mg (7.55%), Copper: 0.14mg (7.14%), Calcium: 67.32mg (6.73%), Vitamin D: 0.47µg (3.13%)