

BLT Salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



433 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 slices bacon thick cut chopped
- ☐ 3 tablespoons chives chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 1 clove garlic with flat blade of a knife minced grated crushed
- ☐ 1 head traviso lettuce
- ☐ 0.3 cup olive oil extra-virgin plus a drizzle
- ☐ 1 large heart romaine lettuce
- ☐ 4 servings salt and pepper black freshly ground

- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 1 pint cherry tomatoes red yellow

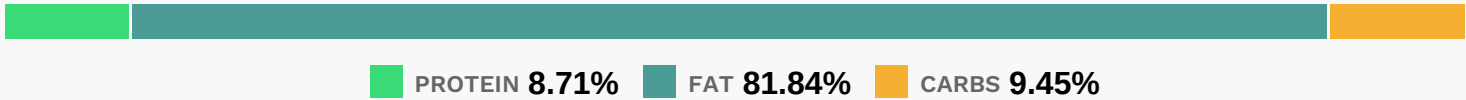
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Heat a drizzle of olive oil in a skillet over medium-high heat and add bacon, cook until crisp then drain on paper towels.
- ☐ In a salad bowl, whisk together the garlic, mustard, vinegar and stream in extra-virgin olive oil to incorporate the dressing, season with salt and pepper and stir in chives. Shred lettuces and add to the bowl. Halve the cherry tomatoes and add to the bowl along with bacon. Toss salad to coat evenly with dressing and serve.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:1.56, Inflammation Score:-8, Nutrition Score:14.740434791731%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 433.47kcal (21.67%), Fat: 40.1g (61.69%), Saturated Fat: 9.75g (60.93%), Carbohydrates: 10.42g (3.47%), Net Carbohydrates: 7.57g (2.75%), Sugar: 4.04g (4.49%), Cholesterol: 35.64mg (11.88%), Sodium: 442.39mg (19.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.6g (19.21%), Vitamin K: 55.51µg (52.87%), Vitamin A:

1407.34IU (28.15%), Folate: 86.75µg (21.69%), Vitamin E: 3.1mg (20.64%), Vitamin C: 16.26mg (19.7%), Manganese: 0.39mg (19.35%), Vitamin B3: 3.8mg (18.98%), Potassium: 645.17mg (18.43%), Selenium: 12.9µg (18.42%), Vitamin B1: 0.27mg (17.89%), Phosphorus: 157.58mg (15.76%), Vitamin B6: 0.29mg (14.35%), Fiber: 2.85g (11.4%), Copper: 0.19mg (9.56%), Iron: 1.7mg (9.43%), Magnesium: 35.15mg (8.79%), Vitamin B2: 0.14mg (8.46%), Zinc: 1.24mg (8.26%), Vitamin B5: 0.59mg (5.87%), Calcium: 50.85mg (5.09%), Vitamin B12: 0.27µg (4.5%), Vitamin D: 0.22µg (1.44%)