



BLT Salad

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



833 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 slices bacon
- ☐ 3 cups bread cubed ()
- ☐ 1 head boston lettuce chopped
- ☐ 3 large eggs
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 2 tablespoons olive oil
- ☐ 4 servings salt

☐ 1 large tomatoes cut into wedges

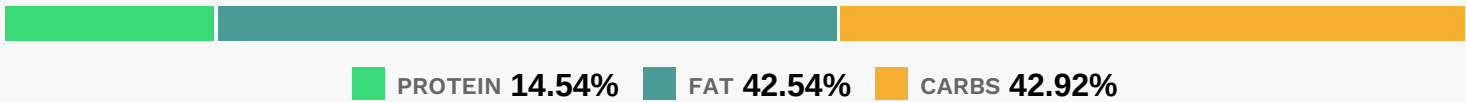
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350F. Toss bread with oil and salt on a rimmed baking sheet.
- ☐ Bake until golden, about 15 minutes, stirring occasionally.
- ☐ Let cool.
- ☐ Place eggs in a pan; cover with cold water. Bring to a boil over medium-high heat. When water reaches a boil, remove pan from heat, cover and let stand for 12 minutes. Run eggs under cold water to cool, then peel and quarter.
- ☐ Cook bacon in a large skillet over medium heat until crisp, about 12 minutes.
- ☐ Let cool on a paper towel-lined plate; crumble.
- ☐ In a large bowl, whisk together mayonnaise and lemon juice.
- ☐ Add lettuce; toss to coat. Divide among plates; arrange tomato wedges, bacon, eggs and croutons on top.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:45.75, Inflammation Score:-9, Nutrition Score:35.902608539747%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 832.81kcal (41.64%), Fat: 39.37g (60.56%), Saturated Fat: 9.74g (60.85%), Carbohydrates: 89.35g (29.78%), Net Carbohydrates: 81.24g (29.54%), Sugar: 12.48g (13.87%), Cholesterol: 170.78mg (56.93%), Sodium: 1497.89mg (65.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.28g (60.56%), Manganese: 2.26mg (112.86%), Selenium: 72.07µg (102.96%), Vitamin K: 65.82µg (62.69%), Vitamin B3: 12.14mg (60.69%), Vitamin B1: 0.91mg (60.52%), Folate: 206.33µg (51.58%), Iron: 7.92mg (43.98%), Vitamin B2: 0.69mg (40.51%), Phosphorus: 393.28mg (39.33%), Vitamin A: 1961.01IU (39.22%), Fiber: 8.1g (32.41%), Calcium: 265.07mg (26.51%), Vitamin B5: 2.39mg (23.89%), Magnesium: 93.34mg (23.34%), Vitamin B6: 0.45mg (22.48%), Zinc: 3.02mg (20.13%), Copper: 0.34mg (17.24%), Potassium: 602.19mg (17.21%), Vitamin E: 2.56mg (17.06%), Vitamin C: 9.55mg (11.57%), Vitamin B12: 0.55µg (9.23%), Vitamin D: 0.93µg (6.17%)