



B.I.t. Salad

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



798 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 pound bacon
- ☐ 1 head boston lettuce
- ☐ 0.5 pound cherry tomatoes ()
- ☐ 0.3 teaspoon garlic minced
- ☐ 0.3 loaf bread crumbs italian
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup mayonnaise
- ☐ 1 small onion red

☐ 1 tablespoon water

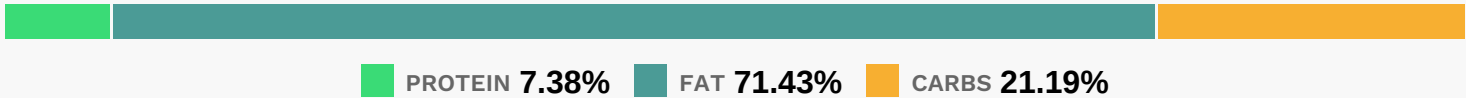
Equipment

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

Directions

- ☐ In a skillet cook bacon over moderate heat, stirring occasionally, until crisp. Reserving 1 tablespoon bacon fat in skillet, drain bacon on paper towels and crumble.
- ☐ Cut bread into enough 3/4-inch cubes to measure 1 cup.
- ☐ Heat fat over moderately high heat until hot but not smoking and sauté bread cubes with salt to taste, stirring, until golden brown.
- ☐ Transfer croutons to paper towels to drain and cool.
- ☐ In a small bowl whisk together garlic, lemon juice, mayonnaise, water, and salt and pepper to taste. Slice onion and halve tomatoes. Tear lettuce into bite-size pieces.
- ☐ In a large bowl toss together onion, tomatoes, lettuce, half of bacon and croutons, salt and pepper to taste, and enough dressing to coat.
- ☐ Divide salad between 2 plates and top with remaining croutons and bacon.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:1.25, Inflammation Score:-10, Nutrition Score:21.664782570756%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg

2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 14.22mg, Quercetin: 14.22mg, Quercetin: 14.22mg, Quercetin: 14.22mg

Nutrients (% of daily need)

Calories: 798.02kcal (39.9%), Fat: 63.82g (98.18%), Saturated Fat: 21.75g (135.96%), Carbohydrates: 42.59g (14.2%), Net Carbohydrates: 37.95g (13.8%), Sugar: 23.77g (26.41%), Cholesterol: 49.18mg (16.39%), Sodium: 782.49mg (34.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.84g (29.69%), Vitamin K: 132.42µg (126.11%), Vitamin A: 3294.56IU (65.89%), Vitamin C: 35.96mg (43.59%), Folate: 123.27µg (30.82%), Vitamin B3: 5.8mg (28.98%), Vitamin B1: 0.35mg (23.58%), Potassium: 771.45mg (22.04%), Selenium: 13.43µg (19.19%), Vitamin B6: 0.38mg (19.18%), Iron: 3.39mg (18.83%), Fiber: 4.64g (18.55%), Phosphorus: 184.25mg (18.42%), Manganese: 0.35mg (17.56%), Vitamin E: 1.97mg (13.11%), Vitamin B2: 0.19mg (11.42%), Magnesium: 43.63mg (10.91%), Zinc: 1.25mg (8.32%), Copper: 0.15mg (7.61%), Vitamin B5: 0.71mg (7.11%), Calcium: 60.08mg (6.01%), Vitamin B12: 0.32µg (5.28%), Vitamin D: 0.28µg (1.89%)