



BLT Salad with Avocados and a Blue Cheese Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



277 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

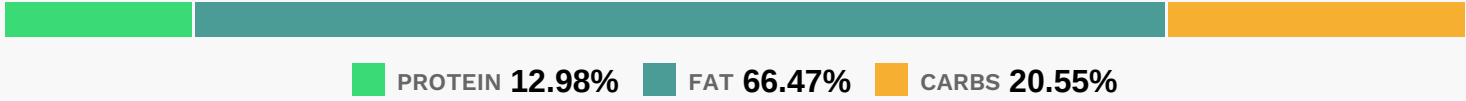
- ☐ 1 avocado diced (stoned, scooped and)
- ☐ 2 tablespoons cheese dressing blue
- ☐ 4 slices bacon crumbled cooked (and)
- ☐ 2 cups lettuce (cut)
- ☐ 0.3 onion red sliced ()
- ☐ 1 tomatoes diced ()

Equipment

Directions

☐ Assemble salad and toss with dressing to coat.

Nutrition Facts



Properties

Glycemic Index:68.5, Glycemic Load:2.06, Inflammation Score:-8, Nutrition Score:16.303043559841%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 277.18kcal (13.86%), Fat: 21.71g (33.4%), Saturated Fat: 4.48g (28.02%), Carbohydrates: 15.09g (5.03%), Net Carbohydrates: 6.53g (2.37%), Sugar: 4.71g (5.23%), Cholesterol: 15.99mg (5.33%), Sodium: 427.51mg (18.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.54g (19.08%), Vitamin K: 44.18µg (42.08%), Fiber: 8.57g (34.28%), Folate: 114.57µg (28.64%), Vitamin C: 21.55mg (26.13%), Potassium: 835.37mg (23.87%), Vitamin B6: 0.44mg (22.14%), Vitamin A: 1027.11IU (20.54%), Vitamin B3: 3.91mg (19.53%), Vitamin E: 2.65mg (17.66%), Vitamin B5: 1.71mg (17.12%), Manganese: 0.32mg (16.2%), Phosphorus: 159.94mg (15.99%), Vitamin B1: 0.22mg (14.57%), Copper: 0.27mg (13.44%), Vitamin B2: 0.22mg (12.72%), Selenium: 8.89µg (12.71%), Magnesium: 48.33mg (12.08%), Zinc: 1.41mg (9.37%), Iron: 1.27mg (7.05%), Calcium: 49.44mg (4.94%), Vitamin B12: 0.21µg (3.48%)