



BLT Wedge with Roquefort

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bacon diced cooked
- 4 ounces bleu cheese crumbled
- 0.5 cup buttermilk
- 1 head iceberg lettuce
- 1 cup mayonnaise
- 0.3 cup parsley italian
- 1 dash pepper sauce hot
- 6 servings salad

- 6 servings dressing
- 10 tablespoons cup heavy whipping cream sour
- 1 cup tomatoes fresh diced
- 0.5 teaspoon vinegar white
- 1 teaspoon worcestershire sauce

Equipment

- food processor
- paper towels
- blender

Directions

- Place dressing ingredients in a food processor or blender and pulse a few times being sure to leave some of the lumps of cheese.
- Cut lettuce into 6 wedges. Rinse and wrap in paper towels to dry.
- Top each wedge with dressing.
- Garnish with bacon, tomato and chopped Italian parsley.

Nutrition Facts



■ PROTEIN **10.97%** ■ FAT **82.24%** ■ CARBS **6.79%**

Properties

Glycemic Index:43.33, Glycemic Load:1.32, Inflammation Score:-8, Nutrition Score:16.529565323954%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 5.5mg, Apigenin: 5.5mg, Apigenin: 5.5mg, Apigenin: 5.5mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 489.96kcal (24.5%), Fat: 45.07g (69.34%), Saturated Fat: 12.65g (79.04%), Carbohydrates: 8.37g (2.79%), Net Carbohydrates: 6.92g (2.51%), Sugar: 4.72g (5.25%), Cholesterol: 62.91mg (20.97%), Sodium: 841.99mg (36.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.53g (27.05%), Vitamin K: 126.95µg (120.9%), Vitamin A: 1657.31IU (33.15%), Vitamin C: 18.85mg (22.85%), Phosphorus: 228.27mg (22.83%), Selenium: 14.94µg (21.34%), Calcium: 176.54mg (17.65%), Folate: 59.37µg (14.84%), Vitamin B2: 0.24mg (14.26%), Potassium: 478.38mg (13.67%), Vitamin B3: 2.73mg (13.63%), Vitamin B1: 0.19mg (12.62%), Vitamin B6: 0.24mg (12.12%), Vitamin E: 1.79mg (11.91%), Manganese: 0.22mg (10.81%), Zinc: 1.57mg (10.46%), Vitamin B12: 0.62µg (10.26%), Vitamin B5: 0.91mg (9.08%), Magnesium: 29.39mg (7.35%), Iron: 1.23mg (6.86%), Fiber: 1.46g (5.83%), Copper: 0.11mg (5.3%), Vitamin D: 0.5µg (3.36%)