



## Blue Ribbon Layered Salad

 Gluten Free

READY IN



195 min.

SERVINGS



10

CALORIES



258 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 0.5 cup knudsen cream sour
- 4 green onions chopped
- 5 hard-cooked eggs quartered
- 0.5 cup real mayo mayonnaise kraft
- 2 cups peas frozen thawed
- 1 cup radishes sliced
- 1 bell pepper red chopped

- 4 cups torn romaine lettuce loosely packed
- 1 cup sharp cheddar cheese shredded kraft
- 1 Tbsp sugar

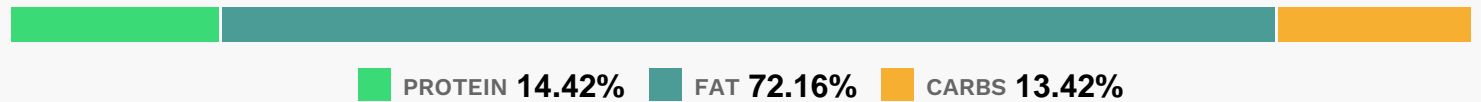
## Equipment

- bowl

## Directions

- Place lettuce in large clear bowl; cover with layers of next 7 ingredients.
- Mix remaining ingredients until blended; spread over salad, completely covering top layer.
- Refrigerate several hours. Toss just before serving.

## Nutrition Facts



## Properties

Glycemic Index:28.74, Glycemic Load:2.35, Inflammation Score:-9, Nutrition Score:14.267391515815%

## Flavonoids

Pelargonidin: 7.32mg, Pelargonidin: 7.32mg, Pelargonidin: 7.32mg, Pelargonidin: 7.32mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

## Nutrients (% of daily need)

Calories: 258.27kcal (12.91%), Fat: 20.83g (32.04%), Saturated Fat: 6.67g (41.68%), Carbohydrates: 8.72g (2.91%), Net Carbohydrates: 6.11g (2.22%), Sugar: 4.67g (5.18%), Cholesterol: 121.85mg (40.62%), Sodium: 246.58mg (10.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.36g (18.73%), Vitamin K: 55.91µg (53.24%), Vitamin A: 2605.99IU (52.12%), Vitamin C: 30.31mg (36.74%), Selenium: 14.06µg (20.09%), Folate: 70.49µg (17.62%), Phosphorus: 162.67mg (16.27%), Vitamin B2: 0.28mg (16.25%), Calcium: 126mg (12.6%), Fiber: 2.61g (10.43%), Vitamin B1: 0.15mg (9.91%), Manganese: 0.19mg (9.39%), Zinc: 1.32mg (8.8%), Vitamin B6: 0.18mg (8.79%), Vitamin B12: 0.48µg (7.98%), Potassium: 256.85mg (7.34%), Vitamin E: 1.07mg (7.12%), Iron: 1.15mg (6.41%), Vitamin B5: 0.62mg (6.2%), Vitamin B3: 1.22mg (6.11%), Magnesium: 23.62mg (5.9%), Vitamin D: 0.68µg (4.5%), Copper: 0.09mg (4.34%)