



California BLT Tossed Salad

 Vegetarian  Vegan  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



197 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup ranch dressing
- 0.5 teaspoon lemon zest grated
- 10 ounces the salad red (iceberg lettuce, romaine, cabbage, carrots and radishes)
- 12 slices no boil lasagna noodles cooked cut into pieces
- 1 large tomatoes cut into wedges
- 1 avocado pitted peeled cut into wedges

Equipment

- bowl

Directions

- Mix all Lemon Ranch Dressing ingredients.
- In serving bowl, toss salad greens and bacon with dressing until coated.
- Garnish with tomato and avocado.

Nutrition Facts

 **PROTEIN 5.66%**  **FAT 71.55%**  **CARBS 22.79%**

Properties

Glycemic Index:19.5, Glycemic Load:0.83, Inflammation Score:-8, Nutrition Score:10.924782605275%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 196.76kcal (9.84%), Fat: 16.48g (25.36%), Saturated Fat: 2.48g (15.51%), Carbohydrates: 11.81g (3.94%), Net Carbohydrates: 7.76g (2.82%), Sugar: 2.53g (2.81%), Cholesterol: 6.54mg (2.18%), Sodium: 204.43mg (8.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.87%), Vitamin K: 40.95µg (39%), Vitamin C: 28.02mg (33.97%), Vitamin A: 1265.23IU (25.3%), Folate: 74.58µg (18.65%), Fiber: 4.05g (16.19%), Potassium: 493.88mg (14.11%), Manganese: 0.24mg (11.79%), Vitamin E: 1.73mg (11.54%), Vitamin B6: 0.23mg (11.43%), Phosphorus: 101.92mg (10.19%), Vitamin B5: 0.98mg (9.84%), Copper: 0.16mg (8.09%), Vitamin B3: 1.55mg (7.73%), Vitamin B2: 0.13mg (7.47%), Magnesium: 28.41mg (7.1%), Iron: 0.91mg (5.04%), Vitamin B1: 0.07mg (4.99%), Zinc: 0.58mg (3.88%), Calcium: 25.73mg (2.57%), Selenium: 1.19µg (1.69%)