



Charred BLT Salad

READY IN



27 min.

SERVINGS



4

CALORIES



461 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 ounces cheese blue crumbled
- 1 pint grape tomatoes
- 0.3 cup green onions chopped
- 0.1 teaspoon kosher salt
- 1.5 cups whole-grain bread cubed () (2 ounces)
- 3 tablespoons olive oil extra-virgin divided
- 2 ounces pancetta thinly sliced
- 2 baby greens halved lengthwise

Equipment

- bowl
- frying pan
- paper towels
- grill
- slotted spoon

Directions

- Heat a large skillet over medium heat.
- Add 2 tablespoons oil; swirl to coat.
- Add prosciutto; cook 4 minutes or until crisp, stirring occasionally.
- Remove prosciutto with a slotted spoon.
- Drain on paper towels.
- Add bread to pan; cook 3 minutes or until browned, stirring frequently.
- Combine prosciutto and bread.
- Add remaining 1 tablespoon oil to pan.
- Add tomatoes; cook 5 minutes or until skins begins to split, stirring frequently.
- Pour tomatoes and olive oil into a small bowl.
- Sprinkle with salt and pepper.
- Preheat grill to medium-high heat.
- Coat cut sides of lettuce with cooking spray.
- Place lettuce, cut side down, on a grill rack coated with cooking spray. Cook 2 minutes or until well marked.
- Place 1 lettuce half on each of 4 plates. Divide prosciutto mixture and tomato mixture among servings. Top each serving with 1 tablespoon onions and 1/2 ounce cheese.

Nutrition Facts



■ PROTEIN 15.06% ■ FAT 45.77% ■ CARBS 39.17%

Properties

Glycemic Index:49.67, Glycemic Load:24.35, Inflammation Score:-10, Nutrition Score:30.62565235988%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 460.53kcal (23.03%), Fat: 23.77g (36.56%), Saturated Fat: 6.69g (41.83%), Carbohydrates: 45.75g (15.25%), Net Carbohydrates: 37.63g (13.68%), Sugar: 7.91g (8.79%), Cholesterol: 19.99mg (6.66%), Sodium: 740.43mg (32.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.6g (35.2%), Vitamin A: 6085.59IU (121.71%), Manganese: 2.15mg (107.28%), Vitamin K: 93.98µg (89.51%), Selenium: 28.06µg (40.09%), Folate: 140.97µg (35.24%), Fiber: 8.12g (32.49%), Vitamin B1: 0.48mg (31.88%), Phosphorus: 311.21mg (31.12%), Vitamin B3: 5.56mg (27.79%), Calcium: 255.84mg (25.58%), Magnesium: 95.66mg (23.92%), Vitamin C: 19.64mg (23.81%), Potassium: 725.1mg (20.72%), Vitamin B6: 0.39mg (19.67%), Iron: 3.4mg (18.92%), Vitamin E: 2.84mg (18.9%), Zinc: 2.46mg (16.42%), Vitamin B2: 0.28mg (16.38%), Copper: 0.32mg (15.8%), Vitamin B5: 1.12mg (11.24%), Vitamin B12: 0.24µg (4.06%)