



Cheddar Bacon Wedge Salad

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



686 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup buttermilk
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 1 clove garlic pressed
- ☐ 1 head iceberg lettuce
- ☐ 1 cup mayonnaise
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sharp cheddar grated

- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 4 slices bacon thick-cut
- ☐ 0.5 teaspoon distilled vinegar white
- ☐ 0.5 teaspoon worcestershire sauce

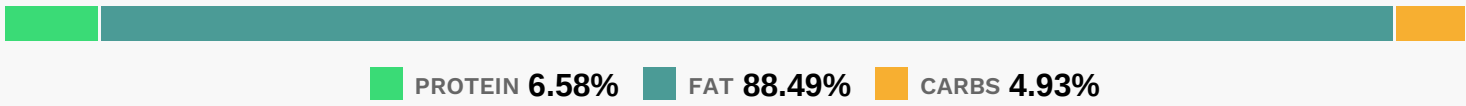
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ In a medium skillet, fry the bacon slices until slightly crisp.
- ☐ Drain on paper towels and set aside to cool.
- ☐ In a large bowl, combine the mayonnaise, buttermilk, sour cream and garlic.
- ☐ Add the vinegar, Worcestershire, salt, pepper and cayenne and whisk until the mixture is totally smooth.
- ☐ Chop up the bacon into pieces.
- ☐ Cut the iceberg in half right through the middle, then cut the halves into wedges.
- ☐ Spoon a good amount of the dressing over each wedge so that it drips down the sides, then sprinkle on the cheese and bacon.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:1.58, Inflammation Score:-7, Nutrition Score:14.746521742448%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg 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: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 685.57kcal (34.28%), Fat: 67.76g (104.25%), Saturated Fat: 17.55g (109.72%), Carbohydrates: 8.51g (2.84%), Net Carbohydrates: 6.8g (2.47%), Sugar: 5.56g (6.17%), Cholesterol: 81.67mg (27.22%), Sodium: 895.49mg (38.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.33g (22.66%), Vitamin K: 125.09µg (119.14%), Vitamin A: 1124.34IU (22.49%), Selenium: 14.96µg (21.37%), Phosphorus: 204.79mg (20.48%), Calcium: 197.42mg (19.74%), Vitamin E: 2.49mg (16.62%), Vitamin B2: 0.24mg (14.03%), Vitamin B1: 0.19mg (12.44%), Folate: 48.26µg (12.06%), Manganese: 0.23mg (11.42%), Potassium: 373.42mg (10.67%), Vitamin B6: 0.2mg (10.04%), Vitamin B12: 0.6µg (9.92%), Zinc: 1.45mg (9.69%), Vitamin B3: 1.69mg (8.47%), Vitamin B5: 0.7mg (6.96%), Fiber: 1.71g (6.85%), Magnesium: 24.82mg (6.2%), Vitamin C: 4.41mg (5.35%), Iron: 0.95mg (5.29%), Vitamin D: 0.73µg (4.87%), Copper: 0.08mg (4.21%)