



Classic Bacon, Lettuce & Sliced Tomato Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



125 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

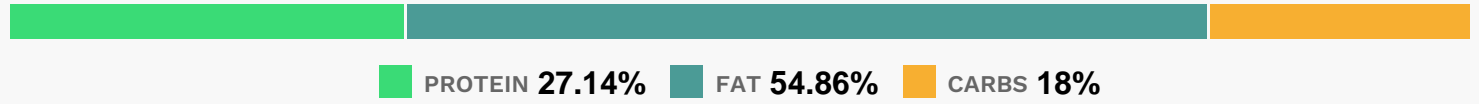
- 0.3 cup dressing italian kraft
- 8 large lettuce leaves
- 0.5 cup oscar mayer real bacon recipe pieces
- 0.3 cup mozzarella cheese shredded kraft
- 2 tomatoes sliced

Equipment

Directions

- Place 2 lettuce leaves on each of four individual salad plates; top with tomatoes.
- Sprinkle with bacon and cheese.
- Drizzle with dressing just before serving.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0.67, Inflammation Score:-10, Nutrition Score:8.670434653759%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 124.95kcal (6.25%), Fat: 7.81g (12.01%), Saturated Fat: 3.39g (21.19%), Carbohydrates: 5.76g (1.92%), Net Carbohydrates: 4.54g (1.65%), Sugar: 3.76g (4.17%), Cholesterol: 25.71mg (8.57%), Sodium: 630mg (27.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.69g (17.39%), Vitamin A: 4118.82IU (82.38%), Vitamin C: 17.12mg (20.76%), Vitamin K: 13.24µg (12.61%), Manganese: 0.22mg (11.04%), Potassium: 256.53mg (7.33%), Folate: 27.95µg (6.99%), Calcium: 60.69mg (6.07%), Phosphorus: 55.66mg (5.57%), Vitamin B6: 0.11mg (5.46%), Vitamin E: 0.81mg (5.41%), Vitamin B1: 0.08mg (5.05%), Fiber: 1.22g (4.87%), Vitamin B2: 0.08mg (4.68%), Magnesium: 15.14mg (3.78%), Iron: 0.67mg (3.71%), Vitamin B3: 0.58mg (2.92%), Zinc: 0.42mg (2.77%), Vitamin B12: 0.16µg (2.66%), Selenium: 1.77µg (2.53%), Copper: 0.04mg (1.99%)