



## Classic Wedge Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



450 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 teaspoon pepper black
- 0.5 cup cheese blue crumbled
- 0.8 cup buttermilk
- 6 slices bacon crumbled cooked
- 0.3 teaspoon garlic powder
- 1 cup grape tomatoes cut into halves
- 0.5 head lettuce cut into a wedge
- 0.8 cup mayonnaise

- 0.3 teaspoon onion powder
- 3 spring onion thinly sliced

## Equipment

- frying pan
- paper towels

## Directions

- Cook bacon in a large pan. When done place on a paper towel to drain. Once cool, proceed to crumble the pieces.
- Mix dressing and set aside. Slice grape tomatoes in half and slice scallions.
- Cut lettuce into quarters, making wedges.
- Sprinkle blue cheese, tomatoes, scallions, and bacon.
- Add dressing on top.

## Nutrition Facts

**PROTEIN 9.45%** **FAT 83.94%** **CARBS 6.61%**

## Properties

Glycemic Index:61.75, Glycemic Load:1.83, Inflammation Score:-7, Nutrition Score:13.769130434783%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

## Nutrients (% of daily need)

Calories: 449.61kcal (22.48%), Fat: 42.15g (64.85%), Saturated Fat: 10.39g (64.95%), Carbohydrates: 7.46g (2.49%), Net Carbohydrates: 5.9g (2.15%), Sugar: 5.05g (5.61%), Cholesterol: 47.13mg (15.71%), Sodium: 719.88mg (31.3%), Protein: 10.68g (21.37%), Vitamin K: 107.02µg (101.92%), Vitamin A: 973.68IU (19.47%), Phosphorus: 186.06mg (18.61%), Calcium: 169.04mg (16.9%), Selenium: 11.35µg (16.22%), Vitamin E: 1.88mg (12.51%), Vitamin B2: 0.21mg (12.32%), Potassium: 385.48mg (11.01%), Vitamin C: 8.71mg (10.56%), Folate: 41.5µg (10.38%), Vitamin B12: 0.59µg

(9.9%), Vitamin B1: 0.15mg (9.69%), Vitamin B3: 1.83mg (9.14%), Vitamin B6: 0.18mg (8.99%), Manganese: 0.17mg (8.47%), Zinc: 1.26mg (8.41%), Vitamin B5: 0.77mg (7.74%), Fiber: 1.56g (6.23%), Magnesium: 23.63mg (5.91%), Vitamin D: 0.8µg (5.34%), Iron: 0.81mg (4.48%), Copper: 0.09mg (4.41%)