



## Cornbread Salad

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



313 kcal

SIDE DISH

### Ingredients

- 7.5 ounce corn muffin mix
- 1 cup bell pepper green chopped
- 0.8 cup purple onion chopped
- 6 cups torn romaine lettuce
- 0.7 cup dressing fat-free ranch-style
- 1 cup tomatoes seeded chopped
- 3 slices at least of turkey bacon crumbled cooked

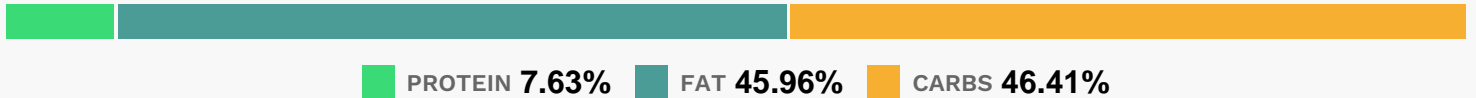
### Equipment

- bowl
- frying pan
- baking sheet
- oven

## Directions

- Prepare muffin mix according to package directions in an 8-inch square pan, using water instead of milk. Cool 10 minutes.
- Remove cornbread from pan; cut into cubes.
- Place cornbread cubes on a baking sheet; bake at 400 for 10 minutes or until crisp and lightly browned.
- Place half of cornbread cubes in a large bowl; reserve remaining cornbread cubes for another use.
- Combine cornbread cubes, lettuce, and next 4 ingredients; toss well.
- Pour dressing over salad, and toss well.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:12.5, Glycemic Load:0.74, Inflammation Score:-10, Nutrition Score:16.609130229639%

## Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

## Nutrients (% of daily need)

Calories: 312.52kcal (15.63%), Fat: 16.11g (24.79%), Saturated Fat: 3.21g (20.05%), Carbohydrates: 36.6g (12.2%), Net Carbohydrates: 32.25g (11.73%), Sugar: 15.75g (17.5%), Cholesterol: 18.96mg (6.32%), Sodium: 692.13mg (30.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.02g (12.04%), Vitamin A: 4451.1IU (89.02%), Vitamin K:

72.68µg (69.22%), Vitamin C: 26.93mg (32.64%), Folate: 108.63µg (27.16%), Phosphorus: 247.98mg (24.8%), Fiber: 4.35g (17.4%), Vitamin B1: 0.23mg (15.42%), Manganese: 0.3mg (14.94%), Vitamin B2: 0.18mg (10.41%), Vitamin B6: 0.2mg (10.2%), Iron: 1.77mg (9.86%), Vitamin B3: 1.89mg (9.43%), Potassium: 325.02mg (9.29%), Vitamin E: 1.28mg (8.5%), Selenium: 5.41µg (7.73%), Magnesium: 25.16mg (6.29%), Copper: 0.11mg (5.35%), Calcium: 48.41mg (4.84%), Zinc: 0.68mg (4.5%), Vitamin B5: 0.34mg (3.45%), Vitamin B12: 0.08µg (1.37%)