



Cornucopia Salad

 Gluten Free

READY IN



208 min.

SERVINGS



10

CALORIES



565 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 bananas sliced
- 16 ounce water chestnuts sliced canned
- 0.5 cup celery diced
- 1 cup cheddar grated
- 10 slices bacon crisp cooked chopped
- 0.5 cup bell pepper diced green
- 0.8 cup green onions chopped
- 1 head iceberg lettuce dry washed

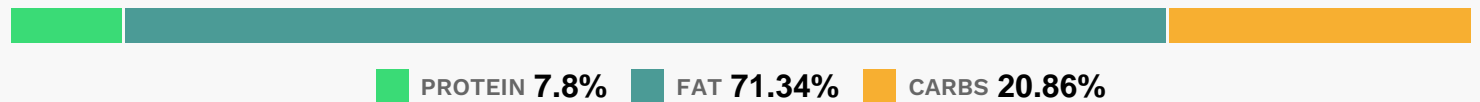
- 2 cups mayonnaise
- 0.8 cup nuts salted chopped (pecans, walnuts, or peanuts)
- 1 cup peas green frozen thawed uncooked
- 0.8 cup raisins
- 0.3 cup sugar
- 1 tablespoon vinegar white

Equipment

Directions

- In a large rectangular dish, layer salad ingredients in the order listed, stopping after the nuts.
- Mix dressing ingredients and let stand for 5 minutes.
- Spread dressing over entire top of salad, covering it completely.
- Sprinkle cheese, green onions, and bacon over salad. Refrigerate for 3 to 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:40.62, Glycemic Load:9.3, Inflammation Score:-6, Nutrition Score:16.588260806125%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 564.56kcal (28.23%), Fat: 45.84g (70.52%), Saturated Fat: 9.26g (57.89%), Carbohydrates: 30.16g (10.05%), Net Carbohydrates: 24.77g (9.01%), Sugar: 9.56g (10.62%), Cholesterol: 38.04mg (12.68%), Sodium: 560.43mg (24.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.28g (22.56%), Vitamin K: 107.57µg

(102.45%), Manganese: 0.52mg (26.06%), Vitamin C: 19.84mg (24.05%), Fiber: 5.39g (21.54%), Phosphorus: 189.04mg (18.9%), Vitamin B3: 3.33mg (16.63%), Vitamin B6: 0.29mg (14.57%), Selenium: 10.1µg (14.42%), Vitamin E: 2.15mg (14.36%), Folate: 57.04µg (14.26%), Potassium: 483.38mg (13.81%), Vitamin A: 652.36IU (13.05%), Copper: 0.25mg (12.52%), Calcium: 123.25mg (12.32%), Vitamin B1: 0.18mg (11.96%), Magnesium: 43.18mg (10.8%), Iron: 1.93mg (10.71%), Zinc: 1.54mg (10.29%), Vitamin B2: 0.17mg (9.95%), Vitamin B5: 0.57mg (5.72%), Vitamin B12: 0.26µg (4.35%), Vitamin D: 0.19µg (1.26%)