



Crisp Salad with Spicy Ranch Dressing

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



196 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 strips bacon
- ☐ 2 tablespoons brown sugar
- ☐ 0.5 cup buttermilk
- ☐ 8 chives roughly chopped
- ☐ 6 sprigs thyme leaves fresh
- ☐ 1 clove garlic
- ☐ 3 teaspoons hot sauce
- ☐ 1 head iceberg lettuce cut into 8 wedges

- ☐ 1 teaspoon lemon zest
- ☐ 0.5 cup mayonnaise
- ☐ 8 servings salt and pepper black freshly ground

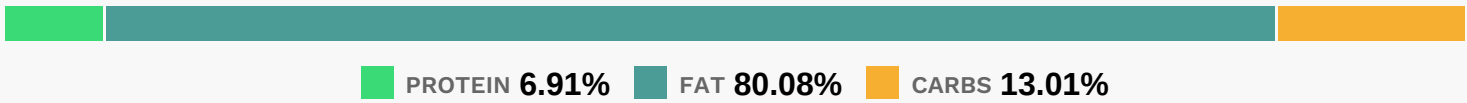
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Put the thyme sprigs on a foil-lined baking sheet. Line the bacon strips over the top then sprinkle with brown sugar.
- ☐ Transfer to the middle rack of the oven and bake until crisp, 18 to 20 minutes.
- ☐ Remove from the oven and set aside to cool, then crumble or chop the bacon along with sticky thyme and set aside. In a blender, add the chives, garlic, buttermilk, mayonnaise, lemon juice, lemon zest and hot sauce. Blitz until smooth. Taste, then season with salt and pepper, to taste. Arrange the lettuce on serving platter, drizzle with buttermilk dressing, and sprinkle with crumbled bacon before serving.

Nutrition Facts



Properties

Glycemic Index:33.13, Glycemic Load:0.74, Inflammation Score:-7, Nutrition Score:5.7160869940468%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg

0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg
Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.01mg, Quercetin: 1.01mg,
Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 196.31kcal (9.82%), Fat: 17.64g (27.14%), Saturated Fat: 4.14g (25.85%), Carbohydrates: 6.45g (2.15%), Net
Carbohydrates: 5.47g (1.99%), Sugar: 5.11g (5.67%), Cholesterol: 18.42mg (6.14%), Sodium: 261.29mg (11.36%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.85%), Vitamin K: 41.44µg (39.47%), Vitamin A: 460.39IU
(9.21%), Manganese: 0.13mg (6.3%), Vitamin C: 5.15mg (6.24%), Selenium: 4.36µg (6.24%), Folate: 22.65µg (5.66%),
Vitamin B1: 0.08mg (5.62%), Phosphorus: 55.37mg (5.54%), Potassium: 167.87mg (4.8%), Vitamin B6: 0.09mg
(4.58%), Vitamin E: 0.67mg (4.45%), Vitamin B3: 0.79mg (3.96%), Fiber: 0.98g (3.91%), Calcium: 39.05mg (3.9%),
Vitamin B2: 0.07mg (3.84%), Iron: 0.57mg (3.17%), Vitamin B12: 0.17µg (2.81%), Zinc: 0.4mg (2.68%), Magnesium:
10.6mg (2.65%), Vitamin B5: 0.25mg (2.5%), Copper: 0.04mg (2.01%), Vitamin D: 0.29µg (1.93%)