



Crispy Bacon 'n Egg Salad

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



249 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 slices oscar mayer bacon divided cooked chopped
- 0.5 cup celery chopped
- 6 hard-cooked eggs cooled peeled chopped
- 6 lettuce leaves
- 0.3 cup real mayo mayonnaise kraft
- 3 medium tomatoes cut in half

Equipment

- bowl

Directions

- Place eggs and mayo in medium bowl; mix until well blended.
- Add celery and half of the bacon; mix well. Cover and refrigerate until ready to serve.
- Line plates with lettuce leaves and halved tomatoes. Spoon egg mixture evenly over tomatoes; sprinkle with remaining bacon.

Nutrition Facts

PROTEIN 16.16% **FAT 76.96%** **CARBS 6.88%**

Properties

Glycemic Index:20, Glycemic Load:0.69, Inflammation Score:-9, Nutrition Score:11.85521742572%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 248.55kcal (12.43%), Fat: 21.16g (32.55%), Saturated Fat: 5.67g (35.45%), Carbohydrates: 4.26g (1.42%), Net Carbohydrates: 3.14g (1.14%), Sugar: 2.58g (2.87%), Cholesterol: 204.94mg (68.31%), Sodium: 283.43mg (12.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10g (19.99%), Vitamin A: 2601.25IU (52.03%), Selenium: 20.21µg (28.88%), Vitamin K: 22.69µg (21.61%), Vitamin B2: 0.32mg (18.62%), Vitamin C: 13.01mg (15.77%), Phosphorus: 143.38mg (14.34%), Vitamin B12: 0.68µg (11.27%), Folate: 43.84µg (10.96%), Vitamin B6: 0.2mg (9.96%), Vitamin B1: 0.14mg (9.55%), Potassium: 322.63mg (9.22%), Vitamin B5: 0.91mg (9.13%), Vitamin E: 1.34mg (8.95%), Manganese: 0.17mg (8.34%), Vitamin D: 1.21µg (8.04%), Vitamin B3: 1.41mg (7.03%), Zinc: 0.96mg (6.41%), Iron: 1.1mg (6.13%), Magnesium: 18.54mg (4.64%), Calcium: 45mg (4.5%), Fiber: 1.1g (4.45%), Copper: 0.06mg (2.84%)