

# Crunchy Lettuce

 Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup almonds toasted sliced
- 6 slices bacon
- 0.8 cup chow mein noodles
- 4 green onions chopped
- 0.3 teaspoon ground pepper black
- 1 head iceberg lettuce dried shredded rinsed
- 1 teaspoon salt
- 0.3 cup sesame seed toasted

- 0.5 cup vegetable oil
- 0.3 cup sugar white
- 2 tablespoons citrus champagne vinegar

## Equipment

- bowl
- frying pan

## Directions

- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain, crumble and set aside.
- In a salad bowl, combine the bacon, lettuce, almonds, sesame seeds, green onions and chow mien noodles; toss and refrigerate.
- In a glass jar with a tight fitting lid, combine the oil, sugar, vinegar, salt and pepper. Shake well and chill for 1 hour.
- Before serving, shake dressing and pour over salad; toss and serve.

## Nutrition Facts



**PROTEIN 11.63%** **FAT 48.22%** **CARBS 40.15%**

## Properties

Glycemic Index:52.77, Glycemic Load:10.14, Inflammation Score:-7, Nutrition Score:16.123913168907%

## Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

## Nutrients (% of daily need)

Calories: 514.89kcal (25.74%), Fat: 28.08g (43.2%), Saturated Fat: 6.19g (38.7%), Carbohydrates: 52.6g (17.53%), Net Carbohydrates: 46.2g (16.8%), Sugar: 16.57g (18.41%), Cholesterol: 21.78mg (7.26%), Sodium: 1094.33mg (47.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.24g (30.48%), Vitamin K: 67.54µg (64.33%), Manganese: 0.62mg (30.92%), Copper: 0.52mg (26.14%), Fiber: 6.4g (25.61%), Iron: 4mg (22.2%), Vitamin E: 2.88mg (19.22%), Phosphorus: 175.55mg (17.56%), Magnesium: 69.93mg (17.48%), Vitamin A: 809.9IU (16.2%), Vitamin B1: 0.24mg (16.2%), Selenium: 10.46µg (14.95%), Folate: 59.25µg (14.81%), Calcium: 148.06mg (14.81%), Vitamin B6: 0.24mg (11.83%), Vitamin B3: 2.26mg (11.29%), Potassium: 393.49mg (11.24%), Vitamin B2: 0.18mg (10.77%), Zinc: 1.61mg (10.74%), Vitamin C: 6.07mg (7.35%), Vitamin B5: 0.36mg (3.57%), Vitamin B12: 0.17µg (2.75%)