



Deep Dish Layered Salad

 Gluten Free

READY IN



55 min.

SERVINGS



10

CALORIES



385 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons bacon bits
- 2 tablespoons brown sugar
- 1 cup celery chopped
- 0.5 teaspoon curry powder
- 2 eggs
- 2 cups mushrooms fresh sliced
- 0.5 teaspoon garlic powder
- 1 cup bell pepper green chopped

- 1 cup green onions chopped
- 1.5 heads iceberg lettuce dried shredded rinsed
- 2 cups mayonnaise
- 2 tablespoons parmesan cheese grated
- 2 cups peas green frozen thawed

Equipment

- bowl
- sauce pan
- whisk

Directions

- Place eggs in a saucepan and cover with cold water. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes.
- Remove the eggs from hot water, cool, peel and chop.
- Layer 1/2 of the lettuce in the bottom of a large bowl. Follow with a layer of celery, bell pepper, green onion, mushrooms, peas and egg. Top with remaining lettuce.
- Prepare the dressing by whisking together the mayonnaise, brown sugar, garlic powder and curry powder.
- Spread evenly over top of salad.
- Sprinkle with bacon bits and Parmesan cheese. Refrigerate until ready to serve.

Nutrition Facts



PROTEIN 5.74% **FAT 81.64%** **CARBS 12.62%**

Properties

Glycemic Index:24.23, Glycemic Load:2.09, Inflammation Score:-7, Nutrition Score:14.275652159815%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol:

0.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 384.67kcal (19.23%), Fat: 35.36g (54.4%), Saturated Fat: 5.79g (36.2%), Carbohydrates: 12.29g (4.1%), Net Carbohydrates: 8.61g (3.13%), Sugar: 6.97g (7.74%), Cholesterol: 52.42mg (17.47%), Sodium: 360.69mg (15.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.19%), Vitamin K: 124.61µg (118.67%), Vitamin C: 28.48mg (34.52%), Vitamin A: 914.17IU (18.28%), Folate: 65.55µg (16.39%), Fiber: 3.68g (14.72%), Manganese: 0.29mg (14.37%), Vitamin E: 2.01mg (13.39%), Vitamin B2: 0.21mg (12.19%), Phosphorus: 110.38mg (11.04%), Vitamin B1: 0.16mg (10.64%), Potassium: 357.25mg (10.21%), Selenium: 6.76µg (9.65%), Copper: 0.18mg (8.98%), Vitamin B6: 0.17mg (8.75%), Vitamin B3: 1.59mg (7.96%), Iron: 1.39mg (7.72%), Vitamin B5: 0.66mg (6.58%), Magnesium: 25.33mg (6.33%), Zinc: 0.91mg (6.08%), Calcium: 56.46mg (5.65%), Vitamin B12: 0.17µg (2.83%), Vitamin D: 0.31µg (2.06%)