



Everything Salad

♥♥ Popular

READY IN



15 min.

SERVINGS



10

CALORIES



268 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 0.5 cup apple cider vinegar
- ☐ 2 bacon
- ☐ 0.3 cup bleu cheese grated crumbled
- ☐ 12 ounce broccoli florets frozen
- ☐ 15 ounce mandarin orange segments canned
- ☐ 1 stalk celery (rib)
- ☐ 0.5 cup cranberries dried

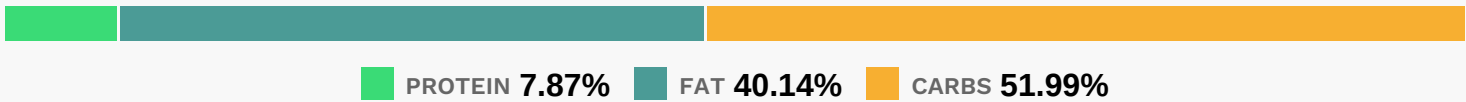
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 garlic clove
- ☐ 0.8 cup granulated sugar
- ☐ 2 green onions
- ☐ 1 head iceberg lettuce
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 pinch kosher salt
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 cup pecans chopped
- ☐ 10 servings freshly cracked pepper black to taste
- ☐ 2 teaspoons poppy seeds
- ☐ 1 package japanese ramen noodles
- ☐ 1 pound romaine lettuce
- ☐ 0.3 cup butter unsalted ()

Equipment

Directions

- ☐ Recipe: Everything Salad
- ☐ From the Kitchen of Deep South Dish
- ☐ Prep time: 15 min |

Nutrition Facts



Properties

Glycemic Index:41.41, Glycemic Load:13.86, Inflammation Score:-10, Nutrition Score:20.251304343991%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg

Nutrients (% of daily need)

Calories: 268.03kcal (13.4%), Fat: 12.54g (19.29%), Saturated Fat: 5.14g (32.11%), Carbohydrates: 36.54g (12.18%), Net Carbohydrates: 32.15g (11.69%), Sugar: 25.62g (28.46%), Cholesterol: 17.64mg (5.88%), Sodium: 389.11mg (16.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.07%), Vitamin A: 5254.74IU (105.09%), Vitamin K: 102.1µg (97.23%), Vitamin C: 48.83mg (59.19%), Folate: 117.18µg (29.3%), Manganese: 0.54mg (27.24%), Fiber: 4.38g (17.53%), Vitamin B1: 0.25mg (16.65%), Potassium: 454.24mg (12.98%), Phosphorus: 111.27mg (11.13%), Vitamin E: 1.6mg (10.65%), Vitamin B2: 0.18mg (10.49%), Magnesium: 39.46mg (9.87%), Iron: 1.75mg (9.73%), Vitamin B6: 0.18mg (9.13%), Calcium: 90.77mg (9.08%), Copper: 0.17mg (8.36%), Zinc: 1.05mg (7.03%), Vitamin B3: 1.37mg (6.87%), Selenium: 4.25µg (6.07%), Vitamin B5: 0.49mg (4.88%), Vitamin B12: 0.09µg (1.57%)