



 **60%**
HEALTH SCORE

Grilled Romaine Salad with Bacon and Blue Cheese

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



2

CALORIES



948 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 pound bacon
- 0.5 cup balsamic vinegar
- 0.5 cup cheese blue
- 2 servings pepper fresh black
- 2 servings kosher salt
- 2 servings olive oil
- 0.5 cup onion red

3 head the of 1 cos lettuce

Equipment

frying pan

grill

Directions

Heat 1 Tablespoon of olive and cook bacon and onion until bacon is crispy.

Remove onion and bacon from pan.

Add 1 more Tablespoon of olive oil and balsamic vinegar.

Let mixture reduce for 2 to 3 minutes.Slice lettuce down the center

Brush both sides with remaining olive oil

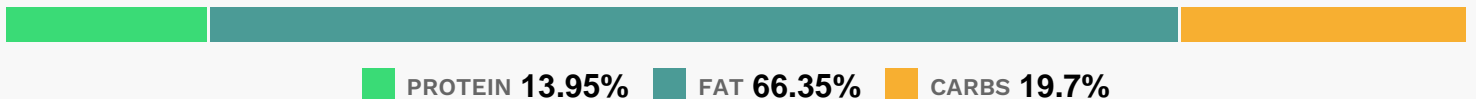
Sprinkle with salt and pepper

Place on the grill

Grill on both sides until browned (a few minutes per side).

Drizzle lettuce halves with balsamic dressing and sprinkle with cheese, bacon, and onion.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:6.48, Inflammation Score:-10, Nutrition Score:51.678695652174%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 28.78mg, Quercetin: 28.78mg, Quercetin: 28.78mg, Quercetin: 28.78mg

Taste

Sweetness: 29.54%, Saltiness: 100%, Sourness: 15.03%, Bitterness: 26.74%, Savoriness: 69.6%, Fattiness: 93.19%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 947.75kcal (47.39%), Fat: 71.55g (110.08%), Saturated Fat: 23.71g (148.16%), Carbohydrates: 47.79g (15.93%), Net Carbohydrates: 27.37g (9.95%), Sugar: 22.57g (25.08%), Cholesterol: 100.16mg (33.39%), Sodium: 1424.29mg (61.93%), Protein: 33.85g (67.69%), Vitamin A: 82087.72IU (1641.75%), Vitamin K: 972.04µg (925.75%), Folate: 1296.81µg (324.2%), Fiber: 20.42g (81.7%), Manganese: 1.62mg (80.97%), Potassium: 2761.57mg (78.9%), Vitamin B1: 1.02mg (67.82%), Phosphorus: 599.48mg (59.95%), Iron: 10.31mg (57.28%), Vitamin B6: 1.1mg (55.04%), Calcium: 520.86mg (52.09%), Vitamin B2: 0.86mg (50.64%), Vitamin C: 40.52mg (49.12%), Selenium: 31.65µg (45.21%), Magnesium: 164.66mg (41.16%), Vitamin B3: 7.89mg (39.46%), Zinc: 4.52mg (30.11%), Copper: 0.55mg (27.28%), Vitamin B5: 2.6mg (25.97%), Vitamin E: 3.82mg (25.45%), Vitamin B12: 0.98µg (16.31%), Vitamin D: 0.62µg (4.15%)