



## Grilled Romaine With Blue Cheese-Bacon Vinaigrette

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



360 kcal

SIDE DISH

### Ingredients

- 0.5 pound bacon diced
- 0.5 cup balsamic vinegar
- 0.5 cup cheese blue crumbled
- 4 tablespoons olive oil extra-virgin
- 6 servings freshly cracked pepper black
- 0.8 cup onion diced red finely
- 3 heads romaine lettuce cut in half lengthwise

## Equipment

- frying pan
- grill
- grill pan

## Directions

- Preheat a grill or indoor grill pan to high.
  - Heat 1 tablespoon olive oil in a large skillet over high heat.
  - Add the onion and bacon and cook until the bacon is crispy.
  - Remove the onion and bacon from the pan.
  - Add the balsamic vinegar and 1 tablespoon olive oil to the skillet and reduce for 2 to 3 minutes.
  - Remove from the heat and set aside.
  - Brush the romaine with the remaining 2 tablespoons olive oil.
  - Place on the grill cut-side down and quickly sear until grill marks are visible. Set aside. For each serving, place a half head of romaine cut-side up on a plate and drizzle the balsamic dressing on top.
  - Sprinkle with blue cheese and the bacon and onion, and garnish with cracked black pepper.
- Photograph by Yunhee Kim

## Nutrition Facts



## Properties

Glycemic Index:22.67, Glycemic Load:2.31, Inflammation Score:-10, Nutrition Score:26.304347800172%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg,

Quercetin: 10.95mg

## Nutrients (% of daily need)

Calories: 360kcal (18%), Fat: 28.53g (43.89%), Saturated Fat: 8.55g (53.43%), Carbohydrates: 16.6g (5.53%), Net Carbohydrates: 9.66g (3.51%), Sugar: 7.81g (8.67%), Cholesterol: 33.39mg (11.13%), Sodium: 410.54mg (17.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.36g (22.72%), Vitamin A: 27363.07IU (547.26%), Vitamin K: 326.96µg (311.39%), Folate: 433.55µg (108.39%), Manganese: 0.56mg (27.84%), Fiber: 6.94g (27.75%), Potassium: 931.18mg (26.61%), Vitamin B1: 0.34mg (22.82%), Phosphorus: 201.86mg (20.19%), Iron: 3.48mg (19.35%), Vitamin B6: 0.38mg (18.76%), Calcium: 175.45mg (17.55%), Vitamin B2: 0.29mg (16.99%), Vitamin C: 14mg (16.97%), Selenium: 10.59µg (15.12%), Magnesium: 55.66mg (13.92%), Vitamin B3: 2.64mg (13.2%), Vitamin E: 1.95mg (12.98%), Zinc: 1.52mg (10.12%), Copper: 0.19mg (9.26%), Vitamin B5: 0.87mg (8.75%), Vitamin B12: 0.33µg (5.44%), Vitamin D: 0.21µg (1.38%)