



Hearts of Romaine with Blue Cheese and Bacon

READY IN



55 min.

SERVINGS



4

CALORIES



711 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 strips bacon
- ☐ 4 servings pepper black freshly ground
- ☐ 4 ounces cheese blue crumbled
- ☐ 0.5 cup buttermilk
- ☐ 0.3 teaspoon celery seeds
- ☐ 1 large eggs
- ☐ 2 tablespoons flat-leaf parsley fresh minced
- ☐ 0.5 teaspoon kosher salt

- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon lemon zest freshly grated
- ☐ 1 cup mayonnaise
- ☐ 2 hearts romaine lettuce
- ☐ 1 shallots peeled
- ☐ 0.5 teaspoon worcestershire sauce

Equipment

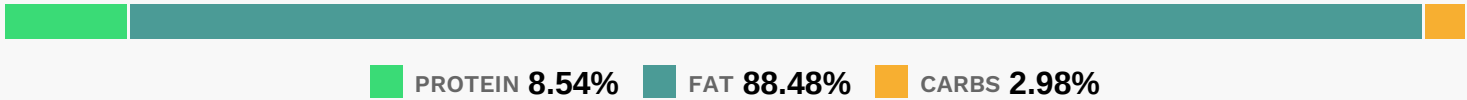
- ☐ food processor
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Lay the bacon strips on a roasting rack and bake in the oven until crisp, about 20 minutes. (To make bacon curls: Wrap each slice of raw bacon around a metal skewer in a barber-pole fashion and lay the skewers on the roasting rack.) Pat dry with a paper towel. When cool enough to handle, break into pieces or in half, if using curls.
- ☐ Put the egg in a small saucepan with enough cold water to cover. Bring to a boil, cover, and remove from the heat. Set aside for 10 minutes.
- ☐ Drain the egg and roll it between your palm and the counter to crack the shell, then peel under cool running water. Rub the egg through a fine-mesh strainer and set aside.
- ☐ Remove the large outer leaves from the romaine hearts and rinse. Chop these leaves into bite-size pieces and spin dry. (Use an extremely sharp knife to minimize bruising the edges.) Halve the hearts through the cores to make 4 wedges. Rinse under cold running water and shake to air dry.

- ☐
- Divide the wedges among 4 plates. Mound some of the chopped romaine on top and season with salt and pepper, to taste. Spoon about 1/4 cup of Blue Cheese Dressing over each salad and top with some of the sieved egg and bacon. Pass the remaining dressing at the table.
- ☐
- Pulse the mayonnaise, blue cheese, buttermilk, shallot, lemon zest, Worcestershire sauce, salt, and celery seeds in a food processor to make a chunky but pourable sauce. Stir in the parsley and season with plenty of pepper. Use immediately or refrigerate in a tightly sealed container for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:1.09, Inflammation Score:-8, Nutrition Score:16.126521701398%

Flavonoids

Apigenin: 4.41mg, Apigenin: 4.41mg, Apigenin: 4.41mg, Apigenin: 4.41mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 710.7kcal (35.54%), Fat: 69.78g (107.35%), Saturated Fat: 18.68g (116.75%), Carbohydrates: 5.3g (1.77%), Net Carbohydrates: 4.52g (1.64%), Sugar: 2.79g (3.1%), Cholesterol: 123.62mg (41.21%), Sodium: 1325.9mg (57.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.15g (30.3%), Vitamin K: 139.62µg (132.97%), Vitamin A: 1776.62IU (35.53%), Selenium: 19.36µg (27.66%), Phosphorus: 245.82mg (24.58%), Calcium: 213.65mg (21.36%), Vitamin B2: 0.28mg (16.4%), Vitamin E: 2.29mg (15.28%), Vitamin B12: 0.88µg (14.71%), Vitamin B6: 0.24mg (11.93%), Vitamin B5: 1.19mg (11.9%), Zinc: 1.73mg (11.52%), Vitamin B1: 0.17mg (11.47%), Folate: 44.89µg (11.22%), Vitamin B3: 2.2mg (10.98%), Potassium: 308.05mg (8.8%), Vitamin D: 1.07µg (7.13%), Vitamin C: 5.77mg (7%), Iron: 1.08mg (5.99%), Magnesium: 22.35mg (5.59%), Manganese: 0.09mg (4.74%), Copper: 0.08mg (3.98%), Fiber: 0.78g (3.14%)