



WHATSheATE



Iceberg Wedge with Warm Bacon and Blue Cheese Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



643 kcal

SIDE DISH

Ingredients

- ☐ 1 cup coarsely cheese blue crumbled
- ☐ 1 tablespoon coarsely ground pepper black
- ☐ 1 large head iceberg lettuce with some core attached cut into 6 wedges, each
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1.5 cups mayonnaise
- ☐ 1 teaspoon pepper sauce hot
- ☐ 0.5 onion red very thinly sliced

☐ 0.5 pound bacon thick-cut

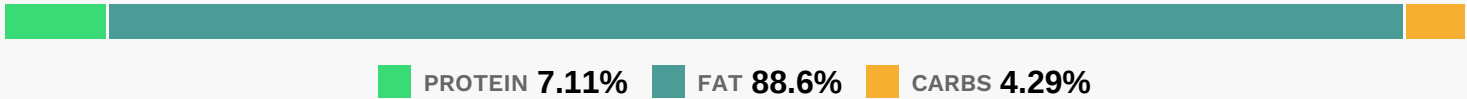
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Mix first 4 ingredients in medium bowl.
- ☐ Add blue cheese and stir until well blended. If too thick, thin with buttermilk by tablespoonfuls to desired consistency. (Can be made 1 day ahead. Cover and chill.)
- ☐ Cook bacon in large skillet over medium heat until golden brown and beginning to crisp. Arrange lettuce on plates. Spoon dressing over. Using slotted spoon, transfer warm bacon from skillet onto salads, dividing equally.
- ☐ Garnish with red onion.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:1.33, Inflammation Score:-6, Nutrition Score:14.062173843384%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg

Nutrients (% of daily need)

Calories: 642.82kcal (32.14%), Fat: 63.58g (97.82%), Saturated Fat: 15.83g (98.93%), Carbohydrates: 6.92g (2.31%), Net Carbohydrates: 4.98g (1.81%), Sugar: 3.44g (3.82%), Cholesterol: 65.34mg (21.78%), Sodium: 895.4mg

(38.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.48g (22.96%), Vitamin K: 123.84µg (117.94%), Phosphorus: 183.14mg (18.31%), Selenium: 12.37µg (17.68%), Vitamin A: 860.78IU (17.22%), Calcium: 154.71mg (15.47%), Manganese: 0.31mg (15.38%), Vitamin E: 2.3mg (15.35%), Folate: 50.34µg (12.59%), Vitamin B1: 0.17mg (11.65%), Vitamin B6: 0.21mg (10.62%), Potassium: 353.85mg (10.11%), Vitamin B2: 0.16mg (9.66%), Vitamin B3: 1.93mg (9.66%), Zinc: 1.35mg (8.99%), Vitamin B12: 0.53µg (8.84%), Vitamin B5: 0.84mg (8.42%), Vitamin C: 6.64mg (8.04%), Fiber: 1.94g (7.74%), Magnesium: 22.04mg (5.51%), Iron: 0.98mg (5.45%), Copper: 0.08mg (4.24%), Vitamin D: 0.38µg (2.5%)