



Italian BLT Bread Salad

READY IN



45 min.

SERVINGS



8

CALORIES



285 kcal

SIDE DISH

Ingredients

- ☐ 8 ounce bread loaf french italian cut into 1-inch pieces*
- ☐ 10 bacon crumbled cooked
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.5 pound mozzarella cheese fresh cut into 1/2-inch pieces
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 pint grape tomatoes halved
- ☐ 2 green onions sliced
- ☐ 0.5 cup kalamata olives pitted halved
- ☐ 1 cup olive oil-and-balsamic vinegar dressing

- ☐ 0.3 teaspoon pepper
- ☐ 3 cups romaine lettuce chopped

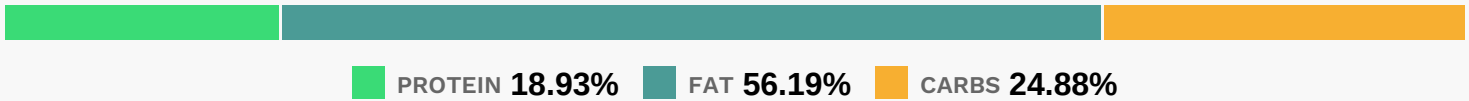
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Place bread on a baking sheet, and bake at 400 for 5 minutes or until lightly toasted.
- ☐ Combine mozzarella and dressing in a shallow dish or zip-top plastic bag; cover or seal, and chill 1 hour.
- ☐ Toss together bread, olives, next 5 ingredients, and mozzarella mixture.
- ☐ Let stand 20 minutes.
- ☐ Serve over lettuce, and sprinkle with crumbled bacon.
- ☐ *8 cups cubed and lightly toasted cornbread may be substituted.

Nutrition Facts



Properties

Glycemic Index:37.83, Glycemic Load:8.11, Inflammation Score:-9, Nutrition Score:14.576086894326%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 285.25kcal (14.26%), Fat: 18.02g (27.72%), Saturated Fat: 6.07g (37.95%), Carbohydrates: 17.95g (5.98%), Net Carbohydrates: 15.23g (5.54%), Sugar: 3.8g (4.22%), Cholesterol: 32.3mg (10.77%), Sodium: 616.54mg (26.81%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.66g (27.32%), Vitamin A: 2355.1IU (47.1%), Vitamin K: 36.54µg (34.8%), Selenium: 18.22µg (26.03%), Manganese: 0.48mg (23.85%), Calcium: 202.74mg (20.27%), Phosphorus: 197.96mg (19.8%), Vitamin B3: 3.13mg (15.64%), Folate: 61.84µg (15.46%), Vitamin B1: 0.22mg (14.65%), Vitamin C: 10.92mg (13.24%), Vitamin B12: 0.76µg (12.59%), Vitamin B2: 0.21mg (12.09%), Fiber: 2.72g (10.87%), Vitamin E: 1.61mg (10.75%), Zinc: 1.61mg (10.7%), Iron: 1.86mg (10.34%), Potassium: 314.64mg (8.99%), Vitamin B6: 0.16mg (8.21%), Magnesium: 32.72mg (8.18%), Copper: 0.12mg (5.96%), Vitamin B5: 0.47mg (4.71%), Vitamin D: 0.15µg (1.02%)