



Italian Chopped Salad

READY IN



30 min.

SERVINGS



8

CALORIES



414 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound bacon
- ☐ 2 cups ditalini pasta cooled cooked
- ☐ 2 cloves garlic smashed chopped
- ☐ 1 cup gorgonzola crumbled
- ☐ 2 tablespoons honey
- ☐ 0.3 head iceberg chopped
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 0.5 cup olive oil
- ☐ 0.3 small head cabbage red chopped

- ☐ 0.5 small onion red minced
- ☐ 0.5 cup red wine vinegar
- ☐ 2 hearts romaine chopped
- ☐ 8 servings salt and freshly cracked pepper black
- ☐ 1 large to 2 tomatoes chopped

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 375 degrees F. Line a baking sheet with parchment paper.
- ☐ Place the vinegar, honey, Italian seasoning, garlic and some salt and pepper in a blender or food processor. While the machine is running, slowly drizzle the olive oil until the dressing is combined and emulsified. Adjust the seasoning if necessary, or add more oil if you want it less acidic.
- ☐ Lay out the bacon in rows on the prepared baking sheet.
- ☐ Place in the oven on the upper rack and cook until crisp, 10 to 15 minutes. Once it is nice and crispy, chop it up for your salad.
- ☐ In a large bowl, combine the bacon, pasta, gorgonzola, romaine, cabbage, iceberg, tomatoes and red onions.
- ☐ Add the dressing and toss together until all is well coated. Taste and adjust the seasoning.

Nutrition Facts



Properties

Glycemic Index:36.62, Glycemic Load:9.15, Inflammation Score:-9, Nutrition Score:14.539130376733%

Flavonoids

Cyanidin: 37.18mg, Cyanidin: 37.18mg, Cyanidin: 37.18mg, Cyanidin: 37.18mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 414.25kcal (20.71%), Fat: 29.83g (45.89%), Saturated Fat: 10.66g (66.59%), Carbohydrates: 22.57g (7.52%), Net Carbohydrates: 20.32g (7.39%), Sugar: 6.54g (7.27%), Cholesterol: 48.02mg (16.01%), Sodium: 742.1mg (32.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.58g (27.17%), Vitamin A: 2981.19IU (59.62%), Vitamin K: 41.09µg (39.13%), Selenium: 24.95µg (35.64%), Phosphorus: 184.84mg (18.48%), Vitamin C: 15.2mg (18.42%), Manganese: 0.3mg (15.05%), Vitamin B6: 0.29mg (14.62%), Vitamin B3: 2.92mg (14.61%), Vitamin B1: 0.21mg (14.28%), Folate: 55.08µg (13.77%), Calcium: 108.22mg (10.82%), Potassium: 358.52mg (10.24%), Zinc: 1.45mg (9.64%), Fiber: 2.24g (8.98%), Vitamin B2: 0.15mg (8.81%), Vitamin B12: 0.46µg (7.6%), Magnesium: 29.16mg (7.29%), Vitamin B5: 0.71mg (7.11%), Iron: 1.19mg (6.6%), Vitamin E: 0.92mg (6.13%), Copper: 0.11mg (5.58%), Vitamin D: 0.3µg (1.98%)