



## Kraft's Seven Layer Salad

 Gluten Free

READY IN



135 min.

SERVINGS



6

CALORIES



731 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 cup celery thinly sliced
- 0.3 cup green onions sliced
- 0.5 cup bell pepper green chopped
- 1.5 cups mayo real mayonnaise kraft
- 10 ounce peas green frozen thawed
- 16 ounce salad greens
- 0.8 cup cheddar cheese shredded kraft
- 12 ounce oscar mayer center cut bacon cooked cut into 1-inch pieces,

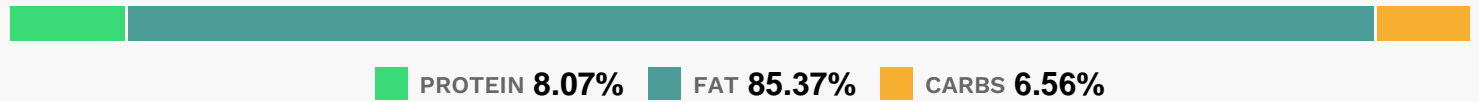
# Equipment

bowl

# Directions

- Place greens in large glass bowl.
- Layer celery, green pepper, onions, bacon and peas over greens.
- Spread mayo evenly over peas, covering the top completely and sealing to edge of bowl.
- Sprinkle with cheese.
- Cover and refrigerate 2 to 12 hours to blend flavors. Toss before serving, if desired.

# Nutrition Facts



# Properties

Glycemic Index:32.56, Glycemic Load:2.25, Inflammation Score:-8, Nutrition Score:20.168260833491%

# Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

# Nutrients (% of daily need)

Calories: 731.41kcal (36.57%), Fat: 69.49g (106.91%), Saturated Fat: 16.86g (105.37%), Carbohydrates: 12.01g (4%), Net Carbohydrates: 8.73g (3.17%), Sugar: 3.67g (4.07%), Cholesterol: 75.07mg (25.02%), Sodium: 859.85mg (37.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.79g (29.58%), Vitamin K: 117.81µg (112.2%), Vitamin C: 47.73mg (57.85%), Vitamin A: 1582.23IU (31.64%), Selenium: 17.93µg (25.61%), Phosphorus: 246.68mg (24.67%), Vitamin B1: 0.33mg (21.83%), Vitamin B3: 3.83mg (19.13%), Folate: 74.42µg (18.6%), Manganese: 0.36mg (17.78%), Vitamin B6: 0.35mg (17.41%), Vitamin E: 2.36mg (15.75%), Calcium: 139.79mg (13.98%), Vitamin B2: 0.24mg (13.85%), Zinc: 2.07mg (13.8%), Fiber: 3.28g (13.13%), Potassium: 456.65mg (13.05%), Magnesium: 39.01mg (9.75%), Iron: 1.68mg (9.34%), Copper: 0.18mg (8.88%), Vitamin B12: 0.5µg (8.34%), Vitamin B5: 0.67mg (6.66%), Vitamin D: 0.42µg (2.82%)