



## Lady and Sons' Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



727 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 tablespoon buttermilk
- 1 teaspoon garlic powder
- 8 ounces gorgonzola
- 0.5 juice of lemon juiced
- 0.8 cup mayonnaise
- 1 pinch cracked pepper black
- 1 bell pepper red sliced
- 0.5 onion red sliced

- 2 tablespoons red wine vinegar
- 4 cups greens salad mix wild
- 1 pinch silly salt
- 3 tablespoons cup heavy whipping cream sour
- 4 servings walnuts for garnish

## Equipment

- bowl

## Directions

- In a large bowl, mix all ingredients together.
- In another large bowl, mix together all the salad ingredients.
- Drizzle with dressing and top with chopped walnuts.
- A viewer, who may not be a professional cook, provided this recipe. The Food Network Kitchens chefs have not tested this recipe and therefore, we cannot make representation as to the results.

## Nutrition Facts



**PROTEIN 9.97%** **FAT 83.85%** **CARBS 6.18%**

## Properties

Glycemic Index:56, Glycemic Load:1.64, Inflammation Score:-9, Nutrition Score:23.445217505745%

## Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

## Nutrients (% of daily need)

Calories: 726.52kcal (36.33%), Fat: 69.26g (106.56%), Saturated Fat: 18.37g (114.79%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 8.53g (3.1%), Sugar: 3.74g (4.16%), Cholesterol: 65.89mg (21.96%), Sodium: 948.99mg

(41.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.53g (37.05%), Vitamin K: 72.33µg (68.89%), Vitamin C: 50.35mg (61.03%), Manganese: 1.16mg (57.88%), Vitamin A: 1914.68IU (38.29%), Phosphorus: 373.44mg (37.34%), Calcium: 357.36mg (35.74%), Copper: 0.55mg (27.32%), Folate: 84.84µg (21.21%), Vitamin B6: 0.41mg (20.64%), Vitamin B2: 0.34mg (20.11%), Zinc: 2.75mg (18.34%), Magnesium: 72.63mg (18.16%), Selenium: 11.57µg (16.53%), Vitamin E: 2.25mg (15%), Vitamin B5: 1.44mg (14.38%), Potassium: 469.88mg (13.43%), Vitamin B12: 0.78µg (12.97%), Fiber: 2.95g (11.81%), Vitamin B1: 0.17mg (11.01%), Iron: 1.63mg (9.08%), Vitamin B3: 1.46mg (7.31%), Vitamin D: 0.42µg (2.77%)