



 **5%**
HEALTH SCORE

Lamb's Lettuce & Crispy Bacon Salad

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



2

CALORIES



334 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 bacon
- 2 tablespoons olive oil extra virgin
- 100 grams lambs lettuce
- 2 tablespoons juice of lemon
- 2 tablespoons orange juice
- 2 servings plum tomatoes red yellow (and)
- 3 radishes
- 1 tablespoon coarse mustard

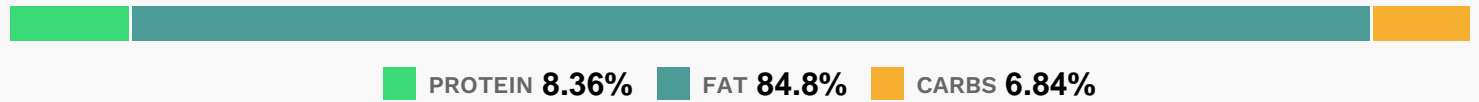
Equipment

- bowl
- frying pan

Directions

- Pan fried the bacon strips then set aside to cool.Trim the lambs lettuce.
- Cut tomatoes into halves and thinly slice the radishes.
- Combine and toss all ingredients in the salad bowl.
- Drizzle the dressing and give a final good toss.Ready to serve.

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:0.97, Inflammation Score:-9, Nutrition Score:11.83652173913%

Flavonoids

Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 4.2mg, Hesperetin: 4.2mg, Hesperetin: 4.2mg, Hesperetin: 4.2mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 334.41kcal (16.72%), Fat: 32g (49.22%), Saturated Fat: 7.81g (48.83%), Carbohydrates: 5.81g (1.94%), Net Carbohydrates: 5.3g (1.93%), Sugar: 2.05g (2.28%), Cholesterol: 29.04mg (9.68%), Sodium: 378.77mg (16.47%), Protein: 7.09g (14.19%), Vitamin A: 3611.25IU (72.23%), Vitamin C: 34.46mg (41.77%), Selenium: 11.91µg (17.02%), Vitamin E: 2.27mg (15.11%), Vitamin B6: 0.28mg (13.87%), Vitamin B1: 0.19mg (12.74%), Potassium: 393.81mg (11.25%), Manganese: 0.23mg (11.25%), Vitamin B3: 2.12mg (10.61%), Phosphorus: 103.49mg (10.35%), Iron: 1.54mg (8.54%), Vitamin K: 8.71µg (8.3%), Zinc: 0.9mg (5.98%), Vitamin B2: 0.09mg (5.53%), Copper: 0.1mg (5.23%), Magnesium: 18.86mg (4.72%), Folate: 17.27µg (4.32%), Vitamin B12: 0.22µg (3.67%), Vitamin B5: 0.35mg (3.5%), Calcium: 30.44mg (3.04%), Fiber: 0.51g (2.04%), Vitamin D: 0.18µg (1.17%)