



Layered BLT Salad

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



838 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 32 ounce bacon thick crumbled cooked
- 3 cups croutons
- 1 teaspoon basil dried
- 0.3 teaspoon garlic powder
- 4 cups iceberg lettuce
- 1 tablespoon juice of lemon
- 1 cup mayonnaise
- 0.5 teaspoon pepper

- 6 plum tomatoes thinly sliced
- 0.5 teaspoon salt
- 8 ounce cup heavy whipping cream sour

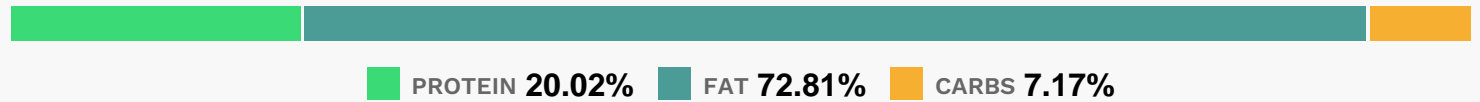
Equipment

- baking pan

Directions

- Stir together first 7 ingredients until well blended.
- Layer lettuce, bacon, and tomato in a 13- x 9-inch baking dish.
- Spread mayonnaise mixture evenly over tomato, sealing to edge of dish. Cover and chill salad at least 2 hours.
- Sprinkle with croutons, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.63, Glycemic Load:6.32, Inflammation Score:-7, Nutrition Score:24.450869249261%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 837.76kcal (41.89%), Fat: 67.15g (103.3%), Saturated Fat: 19.94g (124.64%), Carbohydrates: 14.88g (4.96%), Net Carbohydrates: 13.23g (4.81%), Sugar: 3.11g (3.46%), Cholesterol: 140.75mg (46.92%), Sodium: 2321.66mg (100.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.54g (83.08%), Selenium: 63.47µg (90.68%), Vitamin B3: 12.88mg (64.38%), Vitamin K: 60.76µg (57.87%), Phosphorus: 499.79mg (49.98%), Vitamin B1: 0.75mg (49.78%), Vitamin B6: 0.68mg (34.01%), Zinc: 3.85mg (25.69%), Potassium: 789.84mg (22.57%), Vitamin B12: 1.33µg (22.15%), Vitamin B2: 0.37mg (21.56%), Vitamin A: 806.57IU (16.13%), Vitamin B5: 1.54mg (15.38%),

Magnesium: 50.68mg (12.67%), Vitamin E: 1.84mg (12.24%), Iron: 2.02mg (11.22%), Manganese: 0.21mg (10.7%),
Vitamin C: 8.36mg (10.14%), Copper: 0.19mg (9.47%), Folate: 36.19µg (9.05%), Calcium: 66.66mg (6.67%), Fiber:
1.66g (6.63%), Vitamin D: 0.51µg (3.4%)