



Layered BLT Salad

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



358 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 slices oscar mayer bacon crumbled cooked
- 8 oz classic caesar dressing kraft
- 2 cups cherry tomatoes halved
- 1 cup milk colby & monterey jack cheeses shredded 2% kraft
- 2 cups croutons
- 10 cups tightly torn romaine lettuce packed

Equipment

- bowl

Directions

- Layer all ingredients except dressing in large bowl.
- Add dressing just before serving; toss lightly.

Nutrition Facts

PROTEIN 10.33% **FAT 77.9%** **CARBS 11.77%**

Properties

Glycemic Index:9, Glycemic Load:3.69, Inflammation Score:-10, Nutrition Score:16.506087158037%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 357.62kcal (17.88%), Fat: 31.13g (47.89%), Saturated Fat: 8.89g (55.57%), Carbohydrates: 10.58g (3.53%), Net Carbohydrates: 8.56g (3.11%), Sugar: 2.51g (2.79%), Cholesterol: 41.25mg (13.75%), Sodium: 649.48mg (28.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.29g (18.58%), Vitamin A: 5481.07IU (109.62%), Vitamin K: 91.47µg (87.12%), Folate: 98.18µg (24.54%), Calcium: 156.92mg (15.69%), Selenium: 10.5µg (15%), Phosphorus: 149.15mg (14.92%), Vitamin C: 10.93mg (13.25%), Vitamin E: 1.77mg (11.8%), Vitamin B1: 0.17mg (11.23%), Iron: 1.65mg (9.17%), Manganese: 0.18mg (9.14%), Vitamin B2: 0.15mg (8.85%), Potassium: 308.35mg (8.81%), Vitamin B3: 1.7mg (8.51%), Fiber: 2.02g (8.07%), Vitamin B6: 0.15mg (7.67%), Zinc: 1.05mg (7.01%), Magnesium: 21.4mg (5.35%), Copper: 0.09mg (4.37%), Vitamin B12: 0.26µg (4.26%), Vitamin B5: 0.34mg (3.44%), Vitamin D: 0.22µg (1.44%)