



Layered Cornbread Salad

READY IN



190 min.

SERVINGS



6

CALORIES



760 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup buttermilk
- ☐ 1 cup celery diced (3 celery ribs)
- ☐ 10 bacon crumbled cooked
- ☐ 6 oz buttermilk cornbread mix
- ☐ 2 green onions sliced
- ☐ 1 teaspoon coarsely ground pepper
- ☐ 0.5 cup mayonnaise
- ☐ 12 oz ranch dressing
- ☐ 1 medium size onion red chopped

- ☐ 10 oz romaine lettuce shredded
- ☐ 8 oz cheddar cheese shredded
- ☐ 2 large tomatoes seeded chopped
- ☐ 2 large bell peppers yellow chopped

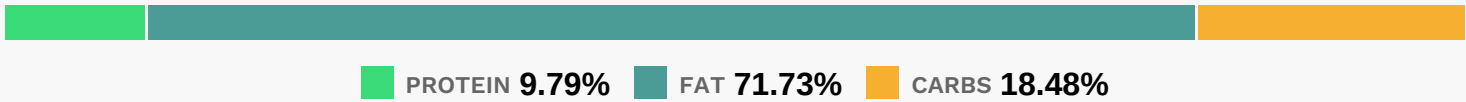
Equipment

- ☐ bowl
- ☐ canning jar

Directions

- ☐ Prepare cornbread according to package directions; cool completely (about 25 minutes), and crumble. Stir together dressing, mayonnaise, buttermilk, and pepper until blended.
- ☐ Layer shredded lettuce, crumbled cornbread, and next 6 ingredients in Mason jars or a 6-qt. bowl; spoon half of dressing mixture over top. Cover and chill 3 to 24 hours.
- ☐ Sprinkle with green onions just before serving.
- ☐ Serve with remaining half of dressing mixture on the side.
- ☐ Note: We tested with Martha White Buttermilk Cornbread
- ☐ Mix.

Nutrition Facts



Properties

Glycemic Index:44.83, Glycemic Load:1.63, Inflammation Score:-10, Nutrition Score:30.305652089741%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 759.56kcal (37.98%), Fat: 60.97g (93.81%), Saturated Fat: 16.13g (100.81%), Carbohydrates: 35.34g (11.78%), Net Carbohydrates: 30.45g (11.07%), Sugar: 12.4g (13.78%), Cholesterol: 75.25mg (25.08%), Sodium: 1365.68mg (59.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.72g (37.44%), Vitamin K: 175.81µg (167.44%), Vitamin C: 126.63mg (153.49%), Vitamin A: 5328.88IU (106.58%), Phosphorus: 536.34mg (53.63%), Calcium: 357.52mg (35.75%), Folate: 139.64µg (34.91%), Selenium: 22.4µg (32%), Vitamin B2: 0.42mg (24.81%), Manganese: 0.43mg (21.32%), Vitamin B1: 0.31mg (20.67%), Fiber: 4.89g (19.56%), Vitamin B6: 0.38mg (19.07%), Potassium: 659.12mg (18.83%), Vitamin E: 2.73mg (18.18%), Vitamin B3: 3.57mg (17.83%), Zinc: 2.51mg (16.73%), Magnesium: 50.95mg (12.74%), Vitamin B5: 1.26mg (12.61%), Vitamin B12: 0.74µg (12.27%), Iron: 2.18mg (12.11%), Copper: 0.21mg (10.65%), Vitamin D: 0.5µg (3.36%)