



## Layered Summer Salad

 Gluten Free

READY IN



330 min.

SERVINGS



30

CALORIES



81 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 0.5 cup knudsen cream sour
- 0.3 cup basil fresh chopped
- 2 cups mushrooms fresh sliced
- 0.5 cup real mayo mayonnaise kraft
- 1.5 cups mild cheddar cheese shredded divided kraft
- 10 oz peas frozen thawed
- 1 small onion red separated sliced

- 4 cups tightly torn romaine lettuce packed
- 2 tomatoes chopped

## Equipment

- bowl

## Directions

- Place lettuce in 3-qt. bowl. Cover with layers of 1 cup cheese, mushrooms, onions, tomatoes and peas.
- Mix mayo, sour cream and basil until blended; spread over salad, completely covering top of salad. Refrigerate 5 hours.
- Top with remaining cheese and bacon just before serving.

## Nutrition Facts



## Properties

Glycemic Index:9.61, Glycemic Load:0.62, Inflammation Score:-5, Nutrition Score:4.2052173692247%

## Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

## Nutrients (% of daily need)

Calories: 81.38kcal (4.07%), Fat: 6.72g (10.34%), Saturated Fat: 2.32g (14.47%), Carbohydrates: 2.82g (0.94%), Net Carbohydrates: 1.92g (0.7%), Sugar: 1.28g (1.42%), Cholesterol: 11.42mg (3.81%), Sodium: 83.12mg (3.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Vitamin K: 16.54µg (15.75%), Vitamin A: 781.05IU (15.62%), Vitamin C: 5.63mg (6.82%), Phosphorus: 54.53mg (5.45%), Calcium: 50.9mg (5.09%), Folate: 19.42µg (4.85%), Vitamin B2: 0.08mg (4.68%), Selenium: 3.23µg (4.61%), Fiber: 0.9g (3.59%), Manganese: 0.07mg (3.47%), Vitamin B1: 0.05mg (3.37%), Vitamin B3: 0.63mg (3.14%), Zinc: 0.45mg (2.98%), Potassium: 99.96mg (2.86%), Vitamin B6: 0.05mg (2.61%), Copper: 0.05mg (2.58%), Magnesium: 8.27mg (2.07%), Vitamin B5: 0.19mg (1.86%), Vitamin E: 0.26mg (1.73%), Iron: 0.3mg (1.66%), Vitamin B12: 0.09µg (1.49%)