



Layered Summertime Salad

READY IN



150 min.

SERVINGS



10

CALORIES



200 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup broccoli florets
- 1 cup cauliflower florets sliced
- 4 slices bacon crumbled cooked
- 0.5 teaspoon garlic powder
- 0.5 cup spring onion sliced
- 2 tablespoons juice of lemon
- 8 ounces soup noodles uncooked (twist)
- 1 cup snow peas chinese cut in half ()
- 1.5 cups bell pepper red finely chopped

- 1 cup salad dressing
- 4 cups the salad
- 1 teaspoon sugar
- 2 ounces swiss cheese shredded

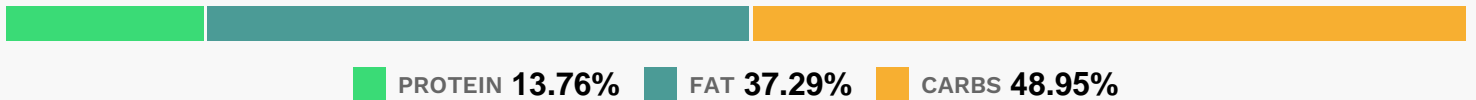
Equipment

- bowl

Directions

- Cook pasta as directed on package; drain. Rinse with cold water; drain.
- In medium bowl, mix pasta, onions and half of the bacon. In small bowl, mix mayonnaise, cheese, lemon juice, sugar and garlic powder.
- In 3 1/2-quart salad bowl, layer salad greens, pasta mixture, pea pods, cauliflower, broccoli and bell pepper.
- Pour mayonnaise mixture evenly over top.
- Cover and refrigerate at least 2 hours.
- Sprinkle with remaining bacon just before serving.

Nutrition Facts



Properties

Glycemic Index:27.21, Glycemic Load:7.68, Inflammation Score:-8, Nutrition Score:12.166087019703%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 200.18kcal (10.01%), Fat: 8.36g (12.86%), Saturated Fat: 2.22g (13.86%), Carbohydrates: 24.7g (8.23%), Net Carbohydrates: 22.66g (8.24%), Sugar: 5.41g (6.02%), Cholesterol: 8.44mg (2.81%), Sodium: 311.34mg (13.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.88%), Vitamin C: 53.33mg (64.65%), Vitamin K: 37.99µg (36.18%), Selenium: 18.65µg (26.64%), Vitamin A: 1151.49IU (23.03%), Manganese: 0.33mg (16.66%), Phosphorus: 121.71mg (12.17%), Vitamin B6: 0.2mg (10.15%), Folate: 40.21µg (10.05%), Fiber: 2.04g (8.16%), Calcium: 76.87mg (7.69%), Potassium: 261.93mg (7.48%), Vitamin E: 1.09mg (7.27%), Magnesium: 27.56mg (6.89%), Vitamin B3: 1.26mg (6.3%), Vitamin B1: 0.09mg (6.05%), Zinc: 0.89mg (5.92%), Vitamin B2: 0.09mg (5.55%), Iron: 0.99mg (5.49%), Copper: 0.11mg (5.47%), Vitamin B5: 0.45mg (4.49%), Vitamin B12: 0.21µg (3.44%)