



Lettuce-Wedge Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



246 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 slices to 6 bacon
- ☐ 1 cup buttermilk
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic cloves
- ☐ 1 large head iceberg lettuce cut into 4 wedges
- ☐ 1 medium onion sliced
- ☐ 1 ounce dressing mix ranch-style
- ☐ 0.5 cup cup heavy whipping cream sour

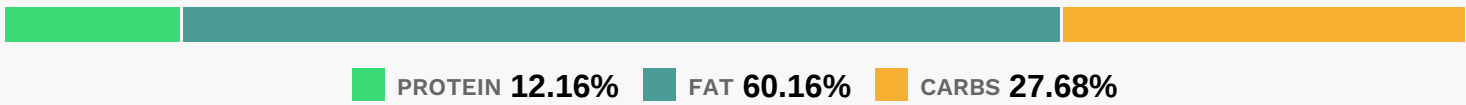
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ blender

Directions

- ☐ Cook bacon in a large skillet until crisp; remove bacon, and drain on paper towels, reserving 1 teaspoon drippings in skillet. Crumble bacon, and set aside.
- ☐ Saut onion in hot drippings in skillet over medium heat 10 minutes or until tender and lightly browned.
- ☐ Remove from heat; cool.
- ☐ Process buttermilk and next 4 ingredients in a blender or food processor until smooth, stopping to scrape down sides. Stir in onion.
- ☐ Top each lettuce wedge with dressing; sprinkle with bacon, and top with shredded basil, if desired.
- ☐ * Turkey bacon may be substituted.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:2.69, Inflammation Score:-8, Nutrition Score:12.027826081152%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg

Nutrients (% of daily need)

Calories: 245.57kcal (12.28%), Fat: 16.6g (25.54%), Saturated Fat: 7.02g (43.85%), Carbohydrates: 17.19g (5.73%),
Net Carbohydrates: 14.4g (5.24%), Sugar: 8.81g (9.79%), Cholesterol: 38.08mg (12.69%), Sodium: 769.4mg
(33.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.55g (15.1%), Vitamin K: 52.46µg (49.96%), Vitamin A:
1313.59IU (26.27%), Folate: 65.75µg (16.44%), Manganese: 0.32mg (16.08%), Phosphorus: 153.39mg (15.34%),
Calcium: 144.81mg (14.48%), Potassium: 477.23mg (13.64%), Vitamin B2: 0.23mg (13.34%), Vitamin B1: 0.19mg
(12.55%), Selenium: 8.25µg (11.78%), Vitamin B6: 0.23mg (11.26%), Fiber: 2.79g (11.15%), Vitamin C: 8.32mg (10.08%),
Vitamin B12: 0.45µg (7.44%), Magnesium: 28.81mg (7.2%), Vitamin B5: 0.66mg (6.64%), Zinc: 0.94mg (6.28%),
Vitamin B3: 1.25mg (6.27%), Vitamin D: 0.87µg (5.79%), Iron: 1.03mg (5.74%), Copper: 0.1mg (4.88%), Vitamin E:
0.6mg (4.03%)