



Majestic Layered Spinach Salad

 Gluten Free

READY IN



315 min.

SERVINGS



15

CALORIES



185 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 0.5 tsp dill weed
- 2 cups mushrooms fresh sliced
- 0.8 cup real mayo mayonnaise kraft
- 1.5 cups mild cheddar cheese shredded divided kraft
- 20 oz peas frozen thawed
- 1 small onion red separated sliced
- 4 cups pkt spinach fresh shredded loosely packed

0.5 tsp sugar

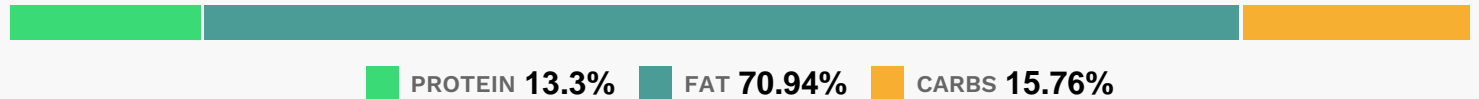
Equipment

bowl

Directions

- Layer spinach, 1 cup cheese, mushrooms, onions and peas in 2-1/2-qt. bowl.
- Mix mayo, dill and sugar; spread over salad, completely covering top of salad. Refrigerate 5 hours.
- Top with remaining cheese and bacon before serving.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:1.94, Inflammation Score:-7, Nutrition Score:10.913478361524%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 185.48kcal (9.27%), Fat: 14.78g (22.74%), Saturated Fat: 4.3g (26.88%), Carbohydrates: 7.39g (2.46%), Net Carbohydrates: 4.81g (1.75%), Sugar: 2.98g (3.31%), Cholesterol: 19.88mg (6.63%), Sodium: 193.01mg (8.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.47%), Vitamin K: 66.57µg (63.4%), Vitamin A: 1162.41IU (23.25%), Vitamin C: 18.18mg (22.04%), Manganese: 0.24mg (12.24%), Phosphorus: 120.43mg (12.04%), Folate: 46.6µg (11.65%), Fiber: 2.58g (10.33%), Vitamin B2: 0.18mg (10.31%), Calcium: 100.53mg (10.05%), Selenium: 6.62µg (9.46%), Vitamin B1: 0.14mg (9.41%), Vitamin B3: 1.56mg (7.8%), Zinc: 1.09mg (7.27%), Copper: 0.13mg (6.44%), Vitamin B6: 0.13mg (6.29%), Magnesium: 24.55mg (6.14%), Potassium: 210.87mg (6.02%), Iron: 0.92mg (5.1%), Vitamin E: 0.69mg (4.61%), Vitamin B5: 0.34mg (3.44%), Vitamin B12: 0.17µg (2.79%)