



Make-Ahead Layered Salad

 Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



226 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups baby arugula
- ☐ 4 slices precooked bacon finely chopped
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon cider vinegar
- ☐ 0.5 teaspoon optional: dill dried
- ☐ 1 tablespoon chives fresh minced
- ☐ 1 garlic clove finely grated
- ☐ 2 cups grape tomatoes halved

- ☐ 0.5 cup greek yogurt plain fat-free
- ☐ 4 precooked hard-cooked eggs chopped
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.5 cup canola mayonnaise such as Hellmann's
- ☐ 0.3 cup nonfat buttermilk
- ☐ 0.5 cup prechopped onion red
- ☐ 0.5 teaspoon onion powder
- ☐ 0.5 teaspoon paprika
- ☐ 2 cups peas green frozen thawed
- ☐ 4 cups prechopped romaine lettuce
- ☐ 0.8 cup preshredded sharp cheddar cheese
- ☐ 0.5 teaspoon sugar

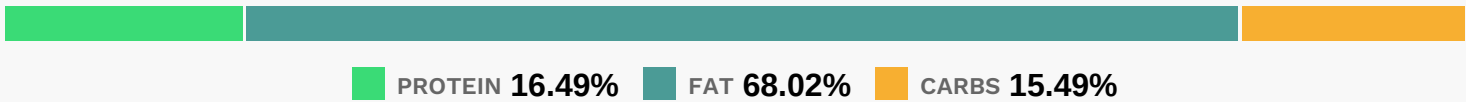
Equipment

- ☐ bowl

Directions

- ☐ Combine lettuce and arugula in a large glass serving bowl. Arrange onion over greens in an even layer; top with tomatoes.
- ☐ Sprinkle eggs over tomatoes; sprinkle bacon over eggs.
- ☐ Spread peas evenly over bacon.
- ☐ Combine mayonnaise and next 10 ingredients (through garlic) in a medium bowl.
- ☐ Spread mayonnaise mixture over peas; top with cheese and chives.

Nutrition Facts



Properties

Glycemic Index:45.04, Glycemic Load:1.92, Inflammation Score:-9, Nutrition Score:13.57565219506%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg Kaempferol: 2.9mg, Kaempferol: 2.9mg, Kaempferol: 2.9mg, Kaempferol: 2.9mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 226.44kcal (11.32%), Fat: 17.23g (26.5%), Saturated Fat: 4.82g (30.14%), Carbohydrates: 8.83g (2.94%), Net Carbohydrates: 6.06g (2.2%), Sugar: 4.32g (4.8%), Cholesterol: 94.21mg (31.4%), Sodium: 254.99mg (11.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.39g (18.79%), Vitamin K: 56.98µg (54.27%), Vitamin A: 2563.23IU (51.26%), Vitamin C: 18.61mg (22.56%), Folate: 70.46µg (17.62%), Selenium: 12.31µg (17.58%), Phosphorus: 154.17mg (15.42%), Vitamin B2: 0.25mg (14.43%), Manganese: 0.25mg (12.59%), Calcium: 117.02mg (11.7%), Fiber: 2.77g (11.06%), Vitamin B1: 0.15mg (10.27%), Potassium: 303.23mg (8.66%), Vitamin B6: 0.17mg (8.55%), Zinc: 1.22mg (8.11%), Vitamin B12: 0.44µg (7.32%), Magnesium: 27.51mg (6.88%), Iron: 1.21mg (6.73%), Vitamin E: 0.97mg (6.44%), Vitamin B3: 1.28mg (6.42%), Vitamin B5: 0.55mg (5.51%), Copper: 0.1mg (5.2%), Vitamin D: 0.55µg (3.66%)