



HEALTH SCORE

59%

Marilyn's Special Salad



Gluten Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



524 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.7 cup blanched slivered almonds
- ☐ 2 cups cherry tomatoes
- ☐ 0.3 pound bacon crumbled cooked
- ☐ 1 cup garlic-flavored croutons
- ☐ 5 cloves garlic crushed
- ☐ 2 juice of lemon juiced
- ☐ 0.5 cup parmesan cheese grated
- ☐ 2 heads romaine lettuce dried rinsed

- ☐ 4 servings salt and pepper to taste
- ☐ 1 cup swiss cheese shredded

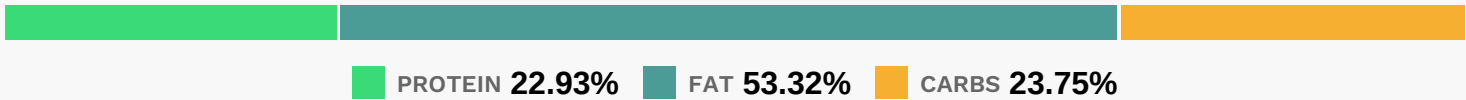
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together the lemon juice, garlic and salt and pepper.
- ☐ In a large bowl, combine the Romaine, bacon, tomatoes, Swiss cheese, Parmesan cheese, almonds and croutons.
- ☐ Add enough dressing to coat; toss and serve.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:3.62, Inflammation Score:-10, Nutrition Score:44.191304491914%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 523.78kcal (26.19%), Fat: 32.52g (50.03%), Saturated Fat: 11.14g (69.61%), Carbohydrates: 32.6g (10.87%), Net Carbohydrates: 22.88g (8.32%), Sugar: 7.18g (7.97%), Cholesterol: 64.05mg (21.35%), Sodium: 981.98mg (42.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.46g (62.93%), Vitamin A: 27974.88IU (559.5%), Vitamin K: 324.14µg (308.71%), Folate: 451.5µg (112.87%), Manganese: 1.55mg (77.27%), Phosphorus: 604.52mg (60.45%), Calcium: 577.23mg (57.72%), Vitamin C: 47.09mg (57.08%), Selenium: 34.45µg (49.22%), Vitamin B6: 0.97mg (48.34%), Potassium: 1404.64mg (40.13%), Fiber: 9.71g (38.86%), Vitamin E: 5.5mg (36.64%), Vitamin B1: 0.53mg (35.38%), Vitamin B2: 0.59mg (34.62%), Magnesium: 131.18mg (32.8%), Zinc: 4.39mg (29.29%), Iron: 5.15mg (28.61%), Copper: 0.55mg (27.69%), Vitamin B3: 5.29mg (26.43%), Vitamin B12: 1.29µg (21.55%), Vitamin B5: 1.31mg

(13.15%), Vitamin D: 0.18µg (1.17%)