



Miss Betty's 24 Hour Lettuce Salad

 Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



317 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 pound bacon sliced
- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 0.3 cup celery thinly sliced
- ☐ 1 tablespoon parsley fresh chopped for garnish
- ☐ 2 hard-cooked eggs sliced
- ☐ 1 large head iceberg lettuce shredded
- ☐ 1 cup mayonnaise to taste
- ☐ 0.3 cup onion sliced

- ☐ 2 tablespoons parmesan cheese grated
- ☐ 10 ounce peas frozen
- ☐ 4 tomatoes cut into wedges
- ☐ 1 tablespoon sugar white

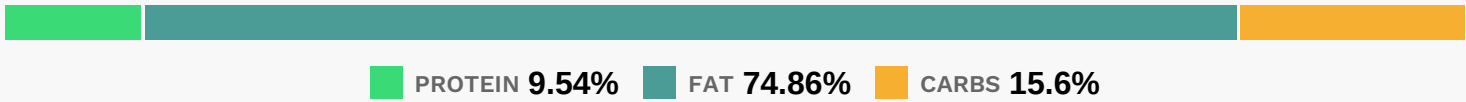
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Spread the lettuce out on a large serving dish or bowl.
- ☐ Sprinkle the onion, celery, water chestnuts and frozen peas (unthawed) over the lettuce in layers.
- ☐ Spread mayonnaise over the top like a frosting.
- ☐ Sprinkle with sugar and grated cheese. Cover and refrigerate overnight.
- ☐ Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown.
- ☐ Drain, crumble and set aside.
- ☐ Before serving, sprinkle crumbled bacon over the top, and garnish with tomato wedges, slices of hard-cooked egg, and parsley.

Nutrition Facts



Properties

Glycemic Index:29.37, Glycemic Load:2.53, Inflammation Score:-7, Nutrition Score:11.669130346049%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 317kcal (15.85%), Fat: 26.61g (40.94%), Saturated Fat: 6.41g (40.06%), Carbohydrates: 12.47g (4.16%), Net Carbohydrates: 9.04g (3.29%), Sugar: 5.76g (6.4%), Cholesterol: 58.2mg (19.4%), Sodium: 343.69mg (14.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.27%), Vitamin K: 60.88µg (57.98%), Vitamin C: 17.96mg (21.77%), Vitamin A: 948.16IU (18.96%), Fiber: 3.43g (13.73%), Selenium: 9.61µg (13.73%), Manganese: 0.27mg (13.32%), Vitamin B1: 0.2mg (13.01%), Phosphorus: 120.13mg (12.01%), Folate: 48.01µg (12%), Vitamin B6: 0.24mg (11.98%), Vitamin B3: 2.08mg (10.42%), Potassium: 361.64mg (10.33%), Vitamin E: 1.34mg (8.96%), Vitamin B2: 0.14mg (8.03%), Iron: 1.27mg (7.04%), Zinc: 1.05mg (7.02%), Copper: 0.13mg (6.52%), Magnesium: 23.74mg (5.94%), Vitamin B5: 0.48mg (4.8%), Vitamin B12: 0.27µg (4.44%), Calcium: 41.49mg (4.15%), Vitamin D: 0.34µg (2.25%)