



New-Way Wedge Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



396 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

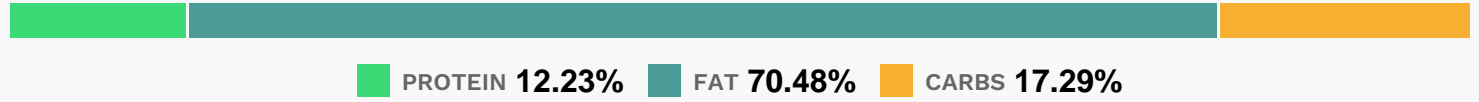
- 8 slices oscar mayer bacon crumbled cooked
- 0.5 cup classic catalina dressing kraft
- 5 oz athenos feta cheese crumbled traditional
- 1 head iceberg lettuce cut lengthwise into 4 wedges
- 0.5 cup onions red chopped

Equipment

Directions

- Place 1 lettuce wedge on each of 4 plates.
- Top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:1.55, Inflammation Score:-6, Nutrition Score:12.129565187123%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 396.13kcal (19.81%), Fat: 30.79g (47.37%), Saturated Fat: 11.5g (71.89%), Carbohydrates: 17g (5.67%), Net Carbohydrates: 15.04g (5.47%), Sugar: 11.78g (13.09%), Cholesterol: 60.58mg (20.19%), Sodium: 1095.47mg (47.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.02g (24.04%), Vitamin K: 33.19µg (31.61%), Vitamin B2: 0.37mg (21.99%), Phosphorus: 215.53mg (21.55%), Calcium: 205.76mg (20.58%), Selenium: 14.39µg (20.56%), Vitamin B6: 0.35mg (17.39%), Vitamin A: 842.67IU (16.85%), Vitamin B1: 0.24mg (16.03%), Vitamin B12: 0.82µg (13.65%), Folate: 54.22µg (13.55%), Zinc: 1.78mg (11.84%), Vitamin B3: 2.31mg (11.55%), Manganese: 0.21mg (10.45%), Potassium: 328.29mg (9.38%), Fiber: 1.96g (7.83%), Vitamin B5: 0.73mg (7.34%), Vitamin C: 5.25mg (6.37%), Magnesium: 23.45mg (5.86%), Iron: 1.01mg (5.58%), Copper: 0.07mg (3.57%), Vitamin E: 0.5mg (3.33%), Vitamin D: 0.32µg (2.12%)