



## Old-Fashioned Layered Salad

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



503 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 teaspoon mustard dry
- 6 hard-cooked eggs chopped
- 1 head iceberg lettuce coarsely chopped
- 1 cup mayonnaise
- 1 tablespoon milk
- 10 ounce peas frozen thawed
- 0.5 teaspoon pepper
- 1 medium size purple onion diced

- 1 cup salad dressing
- 0.5 teaspoon salt
- 8 ounces swiss cheese shredded
- 1.5 cups turkey smoked chopped

## Equipment

- bowl

## Directions

- Stir together first 6 ingredients.
- Layer half each of lettuce, next 5 ingredients, and, if desired, cucumber in a bowl.
- Spread half of dressing over top; repeat. Cover and chill 8 hours.
- \* For testing purposes only, we used Miracle Whip Salad Dressing.

## Nutrition Facts

**PROTEIN 15.58%** **FAT 73.95%** **CARBS 10.47%**

## Properties

Glycemic Index:31.29, Glycemic Load:2.27, Inflammation Score:-7, Nutrition Score:19.298695833787%

## Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

## Nutrients (% of daily need)

Calories: 503.06kcal (25.15%), Fat: 41.36g (63.64%), Saturated Fat: 10.88g (68.03%), Carbohydrates: 13.17g (4.39%), Net Carbohydrates: 10.04g (3.65%), Sugar: 7.79g (8.66%), Cholesterol: 191.64mg (63.88%), Sodium: 744.49mg (32.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.61g (39.22%), Vitamin K: 87.9µg (83.72%), Selenium: 26.62µg (38.03%), Phosphorus: 331.51mg (33.15%), Calcium: 306.93mg (30.69%), Vitamin B12: 1.54µg (25.73%), Vitamin B2: 0.39mg (22.87%), Vitamin A: 1082.9IU (21.66%), Vitamin C: 17.21mg (20.87%), Zinc: 2.62mg (17.44%), Folate: 67.37µg (16.84%), Vitamin E: 2.32mg (15.47%), Vitamin B6: 0.31mg (15.25%), Manganese:

0.29mg (14.71%), Fiber: 3.12g (12.5%), Vitamin B1: 0.18mg (11.79%), Vitamin B3: 2.36mg (11.78%), Potassium: 347.29mg (9.92%), Vitamin B5: 0.97mg (9.71%), Magnesium: 38.67mg (9.67%), Iron: 1.64mg (9.12%), Copper: 0.13mg (6.57%), Vitamin D: 0.96µg (6.38%)