



One-Bite Wedge Salad with Blue Cheese and Bacon

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



291 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 slices bacon crispy cooked
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 cup cheese blue crumbled
- ☐ 1 head iceberg lettuce
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.8 cup yogurt plain low-fat

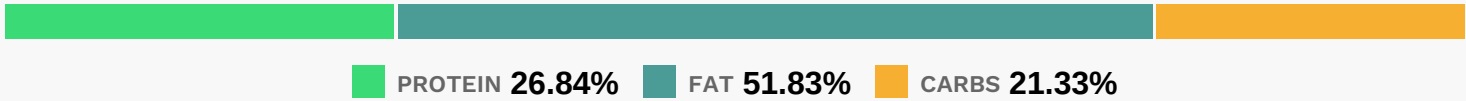
Equipment

☐ bowl

Directions

- ☐ In a bowl, combine yogurt with blue cheese, kosher salt, and black pepper; mix well. Crumble bacon; set aside.
- ☐ Cut lettuce into quarters; slice small wedges from each quarter.
- ☐ Place wedges on plates or napkins, and top each with a dollop of blue cheese mixture and some crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:1.8, Inflammation Score:-8, Nutrition Score:19.2273914814%

Flavonoids

Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 290.88kcal (14.54%), Fat: 17.12g (26.34%), Saturated Fat: 9.21g (57.53%), Carbohydrates: 15.85g (5.28%), Net Carbohydrates: 12.49g (4.54%), Sugar: 11.95g (13.28%), Cholesterol: 46.67mg (15.56%), Sodium: 1329.66mg (57.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.95g (39.89%), Vitamin K: 66.76µg (63.58%), Calcium: 399.18mg (39.92%), Phosphorus: 379.68mg (37.97%), Vitamin A: 1665.91IU (33.32%), Vitamin B2: 0.43mg (25.35%), Folate: 100.5µg (25.12%), Selenium: 16.33µg (23.33%), Potassium: 767.99mg (21.94%), Manganese: 0.41mg (20.62%), Vitamin B12: 1.1µg (18.34%), Zinc: 2.62mg (17.44%), Vitamin B1: 0.25mg (16.72%), Vitamin B5: 1.56mg (15.57%), Vitamin B6: 0.3mg (15.06%), Fiber: 3.36g (13.44%), Vitamin B3: 2.47mg (12.33%), Magnesium: 48.08mg (12.02%), Vitamin C: 8.28mg (10.04%), Iron: 1.49mg (8.27%), Copper: 0.12mg (5.84%), Vitamin E: 0.67mg (4.46%), Vitamin D: 0.23µg (1.55%)