



Oozing-Brain Salad

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



141 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounces bacon chopped
- ☐ 1 cup tightly basil leaves fresh packed
- ☐ 1 cup cherry tomatoes coarsely chopped
- ☐ 0.5 clove garlic chopped
- ☐ 2 small heads iceberg lettuce with some core attached to wedges cut into 4 wedges each,
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup mayonnaise light
- ☐ 0.3 cup parmesan grated

- ☐ 0.8 cup nonfat yogurt plain
- ☐ 0.3 teaspoon salt

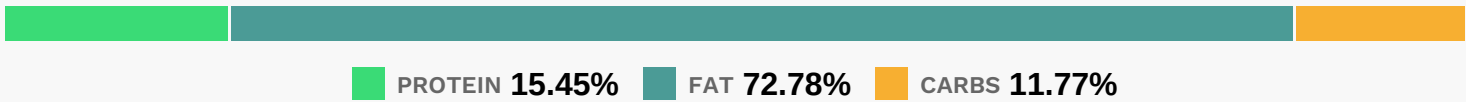
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ blender

Directions

- ☐ Blend yogurt, mayonnaise, basil, Parmesan, lemon juice, garlic and salt in a blender until smooth.
- ☐ Scrape into a bowl, cover with plastic; refrigerate for up to 1 day
- ☐ Cook bacon in skillet over medium heat until crisp, 8 minutes.
- ☐ Drain on paper towel- lined plate.
- ☐ Place lettuce wedges on salad plates.
- ☐ Drizzle each with dressing, sprinkle with bacon and cherry tomatoes, and serve.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:4.9082608533942%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 141.17kcal (7.06%), Fat: 11.41g (17.55%), Saturated Fat: 3.69g (23.09%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 3.96g (1.44%), Sugar: 2.7g (2.99%), Cholesterol: 18.11mg (6.04%), Sodium: 360.62mg (15.68%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.9%), Vitamin K: 18.15µg (17.28%), Phosphorus: 97.3mg (9.73%), Calcium: 92.34mg (9.23%), Selenium: 6.18µg (8.83%), Vitamin C: 6.51mg (7.89%), Vitamin A: 291.24IU (5.82%), Vitamin B1: 0.08mg (5.39%), Vitamin B2: 0.09mg (5.21%), Vitamin B3: 1.02mg (5.12%), Vitamin B6: 0.1mg (4.76%), Vitamin B12: 0.28µg (4.73%), Potassium: 160.87mg (4.6%), Zinc: 0.62mg (4.14%), Vitamin B5: 0.32mg (3.21%), Manganese: 0.06mg (3.14%), Magnesium: 12.36mg (3.09%), Vitamin E: 0.44mg (2.91%), Folate: 8.64µg (2.16%), Copper: 0.04mg (2.1%), Iron: 0.38mg (2.09%)