



WHATSheATE



Rosemary Bacon, Lettuce, and Tomato Salad



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



377 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 strips applewood-smoked bacon chopped
- ☐ 1 avocado chopped
- ☐ 0.5 cup cheese blue crumbled
- ☐ 8 oz cherry tomatoes halved
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1.3 lbs iceberg lettuce cored cut into 16 wedges
- ☐ 0.5 teaspoon kosher salt

- ☐ 0.5 cup greek yogurt low-fat
- ☐ 0.3 teaspoon pepper

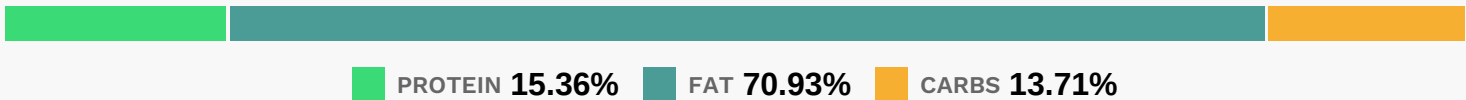
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook bacon in a medium frying pan over medium heat until browned and crisp, about 10 minutes.
- ☐ Transfer to paper towels to drain and sprinkle with rosemary; set aside.
- ☐ Mix yogurt, cheese, garlic, salt, pepper, and 2 tbsp. water in a medium bowl.
- ☐ Divide lettuce wedges among 4 plates.
- ☐ Drizzle 3 tbsp. dressing over each portion. Top with avocado, tomatoes, and bacon.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:1.36, Inflammation Score:-8, Nutrition Score:16.251739076946%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 377.06kcal (18.85%), Fat: 30.56g (47.01%), Saturated Fat: 10.47g (65.41%), Carbohydrates: 13.29g (4.43%), Net Carbohydrates: 7.71g (2.8%), Sugar: 5.76g (6.4%), Cholesterol: 43.33mg (14.44%), Sodium: 811.82mg (35.3%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.89g (29.77%), Vitamin K: 46.92µg (44.69%), Vitamin C: 22.26mg (26.99%), Vitamin A: 1238.99IU (24.78%), Folate: 95.84µg (23.96%), Fiber: 5.58g (22.33%), Potassium: 705.57mg (20.16%), Phosphorus: 200.7mg (20.07%), Vitamin B6: 0.39mg (19.49%), Manganese: 0.35mg (17.42%), Selenium: 12.03µg (17.19%), Calcium: 165.81mg (16.58%), Vitamin B3: 3.3mg (16.52%), Vitamin B1: 0.24mg (16.02%), Vitamin B5: 1.45mg (14.46%), Vitamin B2: 0.22mg (12.66%), Vitamin E: 1.85mg (12.31%), Zinc: 1.6mg (10.65%), Copper: 0.2mg (10.22%), Magnesium: 39.62mg (9.91%), Iron: 1.54mg (8.54%), Vitamin B12: 0.43µg (7.1%), Vitamin D: 0.26µg (1.74%)