



## Seven Layer Salad

 Gluten Free

READY IN



135 min.

SERVINGS



15

CALORIES



195 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 12 slices oscar mayer bacon crumbled fully cooked cooked
- 2 stalks celery thinly sliced
- 2 green onions sliced
- 0.8 cup real mayo mayonnaise kraft
- 10 oz peas frozen thawed
- 0.5 cup pasilla peppers red chopped
- 16 oz salad greens
- 0.8 cup sharp cheddar cheese shredded kraft

# Equipment

bowl

# Directions

- Place greens in large glass bowl; top with layers of celery, peppers, onions and peas.
- Spread mayo over peas, completely covering top of salad and sealing to edge of bowl.
- Sprinkle with cheese and bacon.
- Refrigerate 2 to 12 hours to blend flavors. Toss before serving, if desired.

# Nutrition Facts



**PROTEIN 10.53%**   **FAT 79.89%**   **CARBS 9.58%**

# Properties

Glycemic Index:14.49, Glycemic Load:0.91, Inflammation Score:-6, Nutrition Score:7.2404348565185%

# Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

# Nutrients (% of daily need)

Calories: 195.3kcal (9.77%), Fat: 17.41g (26.78%), Saturated Fat: 4.76g (29.73%), Carbohydrates: 4.7g (1.57%), Net Carbohydrates: 3.39g (1.23%), Sugar: 1.47g (1.63%), Cholesterol: 21.97mg (7.32%), Sodium: 238.11mg (10.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.33%), Vitamin K: 28.2µg (26.85%), Vitamin C: 21.4mg (25.94%), Vitamin A: 753.91IU (15.08%), Phosphorus: 88.94mg (8.89%), Selenium: 5.89µg (8.42%), Vitamin B1: 0.12mg (7.69%), Folate: 30.45µg (7.61%), Manganese: 0.14mg (6.94%), Vitamin B3: 1.35mg (6.73%), Vitamin B6: 0.13mg (6.36%), Calcium: 54.01mg (5.4%), Vitamin B2: 0.09mg (5.29%), Fiber: 1.31g (5.23%), Zinc: 0.76mg (5.04%), Potassium: 168.33mg (4.81%), Vitamin E: 0.61mg (4.08%), Magnesium: 14.82mg (3.7%), Iron: 0.63mg (3.49%), Copper: 0.06mg (3.19%), Vitamin B12: 0.16µg (2.69%), Vitamin B5: 0.23mg (2.26%)