



 **16%**  
HEALTH SCORE

## Seven Layer Salad

 **Gluten Free**

READY IN



**30 min.**

SERVINGS



**6**

CALORIES



**397 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 lb beefsteak tomatoes diced
- 0.3 cup olives black pitted
- 6 large eggs
- 12 strips bacon lean
- 10 oz the salad mixed
- 10 oz peas frozen thawed drained
- 0.5 cup ranch dressing
- 2 cups sharp cheddar cheese diced shredded extra-sharp

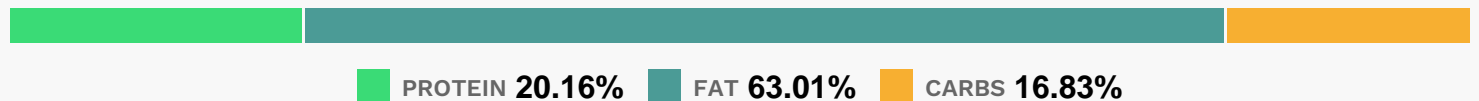
## Equipment

- bowl
- frying pan
- paper towels
- sauce pan

## Directions

- Place eggs in a medium saucepan with cold water to cover. Bring to a simmer over medium heat.
- Remove from heat, cover pan and let stand for 10 minutes.
- Drain eggs and cool in ice water. Peel and set aside.
- Cook bacon in batches in a large, heavy skillet over medium heat until crisp, about 10 minutes.
- Drain on paper towels. Tear bacon into pieces.
- Arrange tomatoes, peas, Cheddar, olives, greens and bacon in layers in a large (5-quart), clear bowl with straight sides.
- Just before serving, quarter eggs and place on top.
- Serve with dressing on side or toss.

## Nutrition Facts



## Properties

Glycemic Index:18.22, Glycemic Load:3.62, Inflammation Score:-9, Nutrition Score:24.23086966639%

## Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

## Nutrients (% of daily need)

Calories: 397.46kcal (19.87%), Fat: 28.21g (43.41%), Saturated Fat: 10.46g (65.36%), Carbohydrates: 16.95g (5.65%), Net Carbohydrates: 12.2g (4.44%), Sugar: 7.94g (8.83%), Cholesterol: 228.87mg (76.29%), Sodium: 676.75mg (29.42%), Alcohol: 0g (100%), Protein: 20.31g (40.62%), Vitamin C: 50.58mg (61.3%), Vitamin A: 2842.18IU (56.84%), Vitamin K: 51.62µg (49.16%), Phosphorus: 414.76mg (41.48%), Selenium: 27.82µg (39.74%), Calcium: 336.88mg (33.69%), Vitamin B2: 0.53mg (31.02%), Folate: 103.31µg (25.83%), Manganese: 0.46mg (23.09%), Zinc: 3.01mg (20.04%), Potassium: 668.85mg (19.11%), Fiber: 4.76g (19.02%), Vitamin B6: 0.36mg (17.9%), Vitamin E: 2.42mg (16.1%), Vitamin B1: 0.23mg (15.42%), Vitamin B12: 0.88µg (14.64%), Magnesium: 55.42mg (13.85%), Iron: 2.43mg (13.51%), Vitamin B5: 1.32mg (13.24%), Copper: 0.26mg (12.86%), Vitamin B3: 2.23mg (11.16%), Vitamin D: 1.25µg (8.31%)