



## Seven-Layer Salad

 Gluten Free

READY IN



150 min.

SERVINGS



6

CALORIES



305 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 10 ounces the salad mixed (6 cups)
- ☐ 8 medium radishes thinly sliced
- ☐ 5 tablespoons spring onion thinly sliced
- ☐ 1 cup celery stalks thinly sliced
- ☐ 12 slices bacon crumbled cooked
- ☐ 10 ounces peas green frozen cooked drained
- ☐ 1.5 cups salad dressing
- ☐ 2 ounces cheddar cheese shredded grated

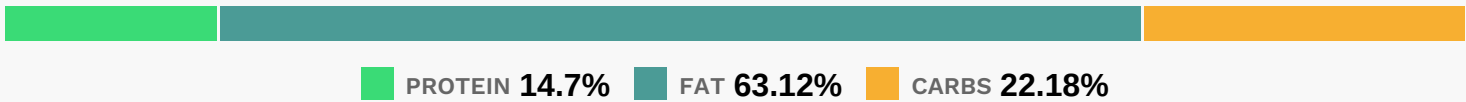
# Equipment

☐ bowl

# Directions

- ☐ Place salad greens in large salad bowl.
- ☐ Layer radishes, onions, celery, bacon and peas on salad greens.
- ☐ Spread mayonnaise over peas, covering top completely and sealing to edge of bowl.
- ☐ Sprinkle with cheese.
- ☐ Cover and refrigerate at least 2 hours to blend flavors but no longer than 12 hours. Just before serving, toss if desired. Store covered in refrigerator.

# Nutrition Facts



# Properties

Glycemic Index:27.89, Glycemic Load:2.07, Inflammation Score:-8, Nutrition Score:14.509130418301%

# Flavonoids

Pelargonidin: 3.37mg, Pelargonidin: 3.37mg, Pelargonidin: 3.37mg, Pelargonidin: 3.37mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

# Nutrients (% of daily need)

Calories: 305.08kcal (15.25%), Fat: 21.49g (33.06%), Saturated Fat: 5.52g (34.48%), Carbohydrates: 16.98g (5.66%), Net Carbohydrates: 13.81g (5.02%), Sugar: 9.5g (10.55%), Cholesterol: 25.29mg (8.43%), Sodium: 944.98mg (41.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.26g (22.52%), Vitamin K: 60.2µg (57.33%), Vitamin C: 32.35mg (39.21%), Vitamin A: 1145.77IU (22.92%), Phosphorus: 190.59mg (19.06%), Selenium: 13.13µg (18.76%), Vitamin B1: 0.25mg (16.72%), Manganese: 0.31mg (15.74%), Vitamin B3: 3.1mg (15.51%), Folate: 60.77µg (15.19%), Vitamin B6: 0.27mg (13.33%), Fiber: 3.18g (12.71%), Potassium: 403.02mg (11.51%), Zinc: 1.62mg (10.79%), Vitamin B2: 0.18mg (10.62%), Calcium: 105.83mg (10.58%), Vitamin E: 1.56mg (10.39%), Magnesium: 34.62mg (8.66%), Iron: 1.44mg (7.99%), Copper: 0.15mg (7.53%), Vitamin B12: 0.27µg (4.58%), Vitamin B5: 0.38mg (3.78%)