



Seven-Layer Salad Made Over

 Gluten Free

READY IN



80 min.

SERVINGS



20

CALORIES



65 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 9 oz baby spinach leaves
- 0.8 cup milk cheddar cheese shredded 2% kraft
- 4 green onions sliced
- 0.8 cup mayo with olive oil reduced fat mayonnaise kraft
- 10 oz peas frozen thawed drained
- 1 bell pepper red chopped
- 4 slices oscar mayer turkey bacon cooked chopped

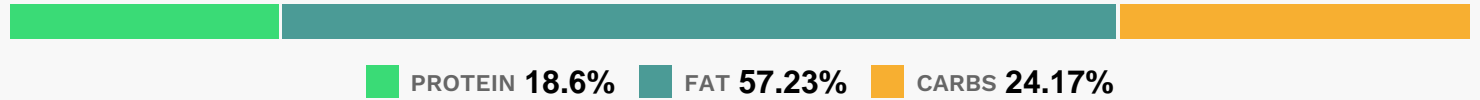
Equipment

bowl

Directions

- Layer first 4 ingredients in clear glass bowl.
- Spread mayo evenly over salad, sealing to edge of bowl; sprinkle with cheese. Top with bacon.
- Refrigerate 1 hour. Toss just before serving.

Nutrition Facts



Properties

Glycemic Index:8.37, Glycemic Load:0.74, Inflammation Score:-8, Nutrition Score:8.7726088444824%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 64.71kcal (3.24%), Fat: 4.22g (6.49%), Saturated Fat: 1.36g (8.49%), Carbohydrates: 4g (1.33%), Net Carbohydrates: 2.73g (0.99%), Sugar: 1.48g (1.64%), Cholesterol: 8.33mg (2.78%), Sodium: 172.57mg (7.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.17%), Vitamin K: 75.2µg (71.62%), Vitamin A: 1563.25IU (31.26%), Vitamin C: 17.32mg (21%), Folate: 39.71µg (9.93%), Manganese: 0.18mg (9.2%), Phosphorus: 57.54mg (5.75%), Fiber: 1.28g (5.1%), Calcium: 49.03mg (4.9%), Magnesium: 18.07mg (4.52%), Vitamin B2: 0.08mg (4.42%), Vitamin E: 0.63mg (4.19%), Potassium: 141.88mg (4.05%), Vitamin B6: 0.08mg (3.98%), Iron: 0.69mg (3.85%), Vitamin B1: 0.06mg (3.72%), Selenium: 2.54µg (3.63%), Zinc: 0.51mg (3.43%), Vitamin B3: 0.56mg (2.81%), Copper: 0.05mg (2.59%)