



## Simple Delicious Salad

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



203 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 pound bacon
- 1 carrots shredded
- 1 tablespoon corn oil
- 2 eggs
- 0.5 head lettuce
- 1 tablespoon red wine vinegar
- 4 servings salt and pepper to taste
- 1 tomatoes sliced

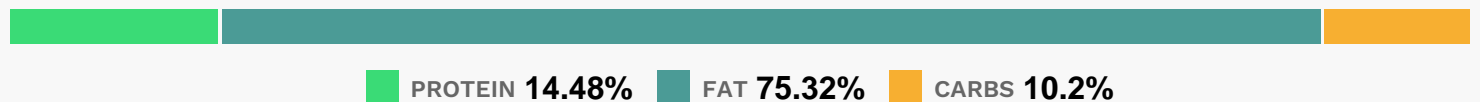
## Equipment

- bowl
- frying pan
- sauce pan

## Directions

- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain, crumble and set aside.
- Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes.
- Remove from hot water, cool, peel and chop.
- Place lettuce in a salad bowl along with the carrot and tomato.
- Sprinkle with bacon and eggs and toss.
- Drizzle oil over salad.
- Add vinegar and salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:29.21, Glycemic Load:1.18, Inflammation Score:-9, Nutrition Score:10.307391332543%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

## Nutrients (% of daily need)

Calories: 202.55kcal (10.13%), Fat: 17.04g (26.21%), Saturated Fat: 4.76g (29.78%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 3.59g (1.3%), Sugar: 2.94g (3.27%), Cholesterol: 100.55mg (33.52%), Sodium: 431.8mg (18.77%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.37g (14.74%), Vitamin A: 3271.32IU (65.43%), Vitamin K: 22.22µg (21.16%), Selenium: 12.54µg (17.91%), Phosphorus: 110.88mg (11.09%), Folate: 37.39µg (9.35%), Vitamin B6: 0.19mg (9.34%), Vitamin B2: 0.16mg (9.12%), Vitamin B1: 0.14mg (9.07%), Potassium: 304.67mg (8.7%), Vitamin C: 7.02mg (8.51%), Vitamin E: 1.26mg (8.4%), Vitamin B3: 1.57mg (7.86%), Manganese: 0.15mg (7.63%), Fiber: 1.6g (6.42%), Vitamin B5: 0.62mg (6.25%), Vitamin B12: 0.34µg (5.63%), Zinc: 0.81mg (5.4%), Iron: 0.92mg (5.14%), Magnesium: 16.13mg (4.03%), Vitamin D: 0.55µg (3.69%), Copper: 0.07mg (3.51%), Calcium: 34.32mg (3.43%)