



Smoky Mountain Wilted Lettuce

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



167 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon
- ☐ 0.3 teaspoon pepper black
- ☐ 1.8 lb boston lettuce (4 heads)
- ☐ 4.5 tablespoons apple cider vinegar
- ☐ 3 large hardboiled eggs chopped
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup spring onion finely chopped

☐ 1.5 teaspoons sugar

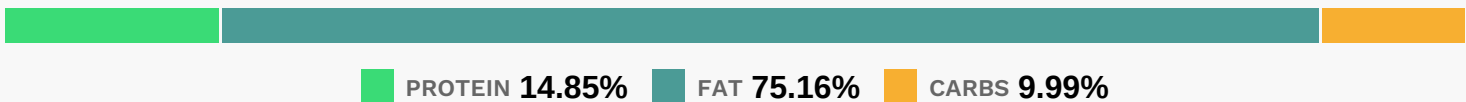
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Put lettuce, scallions, and eggs in a salad bowl.
- ☐ Cook bacon in a heavy skillet over moderate heat, turning occasionally, until crisp, about 5 minutes.
- ☐ Transfer to paper towels to drain and pour off all but 2 tablespoons fat from the skillet.
- ☐ Add vinegar and sugar to bacon fat and cook over moderate heat, whisking, until sugar dissolves.
- ☐ Whisk in cream, salt, and pepper, then boil until thickened slightly, about 2 minutes.
- ☐ Pour hot dressing over salad and toss well. Season salad with salt and pepper, if necessary, and crumble bacon over top.

Nutrition Facts



Properties

Glycemic Index:21.76, Glycemic Load:0.63, Inflammation Score:-9, Nutrition Score:14.228695729504%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 167.49kcal (8.37%), Fat: 14.14g (21.75%), Saturated Fat: 6.26g (39.12%), Carbohydrates: 4.23g (1.41%), Net Carbohydrates: 3.01g (1.1%), Sugar: 2.46g (2.73%), Cholesterol: 97.64mg (32.55%), Sodium: 287.91mg (12.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.29g (12.57%), Vitamin K: 110.76µg (105.49%), Vitamin A:

3650.43IU (73.01%), Folate: 83.96µg (20.99%), Selenium: 10.17µg (14.53%), Vitamin B2: 0.2mg (11.92%), Manganese: 0.22mg (11.03%), Phosphorus: 99.7mg (9.97%), Potassium: 325.11mg (9.29%), Iron: 1.62mg (9.01%), Vitamin B1: 0.12mg (7.99%), Vitamin B6: 0.16mg (7.79%), Calcium: 58.71mg (5.87%), Vitamin C: 4.54mg (5.51%), Vitamin B5: 0.54mg (5.44%), Vitamin B3: 1.06mg (5.31%), Vitamin B12: 0.31µg (5.24%), Fiber: 1.22g (4.86%), Magnesium: 19.16mg (4.79%), Vitamin D: 0.72µg (4.78%), Zinc: 0.65mg (4.31%), Vitamin E: 0.6mg (4.02%), Copper: 0.03mg (1.6%)