



7%
HEALTH SCORE

Southern 7 Layer Salad in a Mason Jar

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



381 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 slices bacon thick cut
- 0.5 tsp pepper black
- 2 eggs
- 5 cups boston lettuce washed and chopped (i use romaine or butter lettuce)
- 0.5 cup mayonnaise (I like Duke's)
- 2 cups peas frozen thawed
- 1 bell pepper diced red
- 0.5 cup cream sour

- 0.5 cup sugar
- 1 onion diced red yellow (or)

Equipment

- bowl
- frying pan
- paper towels
- knife
- canning jar
- egg slicer

Directions

- For dressing: in a small bowl mix together mayo, sour cream, sugar, and pepper. Chill until ready to serve. Meanwhile cook bacon in a skillet until crisp.
- Remove to a paper towel lined plate to cool then dice into bite size pieces. Dice eggs into bite size pieces with a knife or egg slicer. To plate: I like to serve mine in large mason jars (21oz) for presentation as an entree. But can also be arranged in bowls or a large trifle dish.
- Add a couple spoonfuls of dressing in the bottom of the jar, top with chopped lettuce, onions, red bell pepper, peas, egg, and bacon. You can screw a lid on top of jar, shake, and then eat out of the jar or pour into a bowl and enjoy!

Nutrition Facts



PROTEIN 9.48% **FAT 67.71%** **CARBS 22.81%**

Properties

Glycemic Index:31.93, Glycemic Load:10.65, Inflammation Score:-8, Nutrition Score:14.524347826087%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 380.74kcal (19.04%), Fat: 28.91g (44.48%), Saturated Fat: 8.27g (51.7%), Carbohydrates: 21.91g (7.3%), Net Carbohydrates: 18.93g (6.88%), Sugar: 16.64g (18.49%), Cholesterol: 79.04mg (26.35%), Sodium: 351.97mg (15.3%), Protein: 9.11g (18.22%), Vitamin K: 65.02µg (61.92%), Vitamin C: 35.84mg (43.45%), Vitamin A: 1950.38IU (39.01%), Selenium: 12.47µg (17.82%), Vitamin B1: 0.24mg (15.78%), Folate: 62.58µg (15.65%), Phosphorus: 145mg (14.5%), Vitamin B6: 0.27mg (13.43%), Manganese: 0.27mg (13.25%), Vitamin B3: 2.5mg (12.51%), Fiber: 2.99g (11.95%), Vitamin B2: 0.19mg (11.32%), Potassium: 323.43mg (9.24%), Zinc: 1.21mg (8.07%), Iron: 1.41mg (7.84%), Vitamin E: 1.13mg (7.51%), Magnesium: 26.62mg (6.65%), Vitamin B5: 0.59mg (5.91%), Vitamin B12: 0.32µg (5.41%), Copper: 0.11mg (5.38%), Calcium: 48.48mg (4.85%), Vitamin D: 0.39µg (2.61%)