



## Twenty-Four Hour Salad

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



646 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3 ounce bacon bits canned
- 0.5 cup celery chopped
- 0.5 cup bell pepper green chopped
- 6 cups iceberg lettuce shredded
- 1.5 cups mayonnaise
- 0.5 cup onions chopped
- 0.5 cup peas green frozen thawed drained
- 2 cups cheddar cheese shredded

2 tablespoons sugar white

## Equipment

bowl

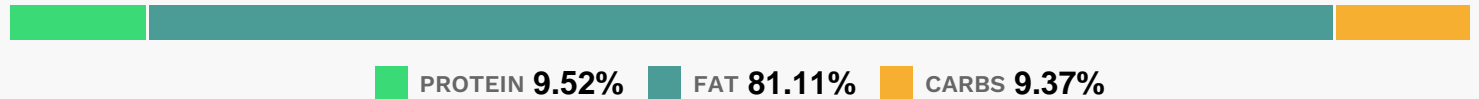
## Directions

In a large transparent bowl, layer lettuce, celery, bell peppers, onions, peas, mayonnaise, sugar and cheese.

Sprinkle bacon bits evenly over the top of the salad.

Cover bowl, and refrigerate for 24 hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:48.74, Glycemic Load:4.42, Inflammation Score:-7, Nutrition Score:16.243043474529%

## Flavonoids

Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

## Nutrients (% of daily need)

Calories: 646.21kcal (32.31%), Fat: 58.58g (90.12%), Saturated Fat: 14.4g (89.98%), Carbohydrates: 15.23g (5.08%), Net Carbohydrates: 11.66g (4.24%), Sugar: 7.52g (8.35%), Cholesterol: 61.19mg (20.4%), Sodium: 868.32mg (37.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.46g (30.93%), Vitamin K: 115.97µg (110.45%), Calcium: 308.8mg (30.88%), Phosphorus: 250.85mg (25.09%), Vitamin C: 18.35mg (22.24%), Vitamin E: 3.31mg (22.09%), Selenium: 13.41µg (19.16%), Vitamin A: 951.7IU (19.03%), Folate: 64.25µg (16.06%), Fiber: 3.57g (14.28%), Vitamin B2: 0.23mg (13.72%), Zinc: 2.04mg (13.6%), Vitamin B1: 0.18mg (11.88%), Vitamin B12: 0.64µg (10.61%), Manganese: 0.19mg (9.42%), Magnesium: 36.72mg (9.18%), Copper: 0.16mg (7.77%), Potassium: 254.92mg (7.28%), Vitamin B6: 0.14mg (7.13%), Iron: 0.84mg (4.68%), Vitamin B5: 0.38mg (3.79%), Vitamin B3: 0.69mg (3.45%), Vitamin D: 0.34µg (2.25%)