



Wedge Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



299 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounces bacon
- ☐ 0.5 cup buttermilk
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 small head lettuce
- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 cup cheese blue crumbled
- ☐ 0.3 small onion red thinly sliced
- ☐ 0.5 small shallots finely chopped

- ☐ 0.8 cup cream sour
- ☐ 1 tablespoon citrus champagne vinegar

Equipment

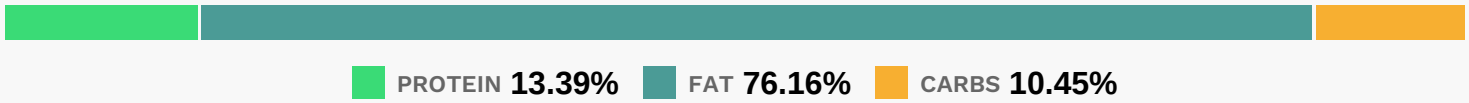
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Cut 4 ounces slab bacon into 1"-thick pieces and cook in a medium skillet over medium-low heat, stirring often, until crisp, 5–7 minutes; transfer to a paper towel-lined plate.
- ☐ Whisk 1/2 finelychopped small shallot, 3/4 cup sour cream, 1/2 cup buttermilk, 1 tablespoon chopped fresh chives, and 1 tablespoon white wine vinegar in a small bowl; fold in 1/2 cup crumbled mild blue cheese. Adjust consistency with sour cream or buttermilk, if needed. Season dressing generously withkosher salt, freshly ground black pepper, and more vinegar, if needed.
- ☐ Cut 1 small head of iceberg lettuce into 4 wedges; place on plates and spoon dressing over. Top with bacon, 1/4 thinly sliced small red onion, and more crumbled blue cheese and chopped chives.
- ☐ Croutons
- ☐ Truth: Croutons arenever a bad idea.Toss torn bread witholive oil and bakeat 375°F until golden.Dried
- ☐ Cranberries
- ☐ We love the tart,chewy fruit againstthe snappy lettuce.Diced AvocadoA little fatty richnessand pretty color makeit a winning addition.Fresh Tarragon
- ☐ This herb's delicateanise flavor complementsalmost anygreen salad.Spanish Chorizo
- ☐ Cut into piecesand used in place ofbacon, it bringsa smoky spicinessinto the mix.Egg Mimosa
- ☐ Push hard-boiled eggsthrough a mesh sievefor a fluffy texture.Toasted Almonds
- ☐ Chopped nutsdeliver crunch—and are so good with blue cheese.Fried Shallots

- ☐ Thinly sliced and cooked in neutral oil until crisp, they add a sweet, oniony flavor and great texture.Sliced Scallion
- ☐ Mirrors the bite of the chives in the dressing—but sharper.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:1.31, Inflammation Score:-6, Nutrition Score:9.2778261018836%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 299.3kcal (14.97%), Fat: 25.59g (39.36%), Saturated Fat: 11.87g (74.19%), Carbohydrates: 7.9g (2.63%), Net Carbohydrates: 6.66g (2.42%), Sugar: 5.17g (5.74%), Cholesterol: 60.11mg (20.04%), Sodium: 435.7mg (18.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.12g (20.25%), Vitamin K: 22.48µg (21.41%), Calcium: 187.25mg (18.72%), Phosphorus: 185.37mg (18.54%), Vitamin A: 897.49IU (17.95%), Selenium: 11.02µg (15.74%), Vitamin B2: 0.24mg (13.84%), Vitamin B1: 0.14mg (9.65%), Vitamin B12: 0.58µg (9.6%), Potassium: 333.43mg (9.53%), Vitamin B6: 0.19mg (9.31%), Folate: 36.83µg (9.21%), Vitamin B5: 0.8mg (8.03%), Zinc: 1.19mg (7.95%), Vitamin B3: 1.5mg (7.5%), Manganese: 0.15mg (7.36%), Magnesium: 22.25mg (5.56%), Fiber: 1.23g (4.93%), Vitamin C: 3.87mg (4.69%), Vitamin D: 0.59µg (3.92%), Iron: 0.63mg (3.5%), Vitamin E: 0.5mg (3.33%), Copper: 0.06mg (3.12%)