



## Wedge Salad with Blue Cheese and Bacon

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



52 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 slices oscar mayer butcher applewood bacon smoked thick cut divided cooked coarsely chopped
- 15 servings pepper black freshly ground to taste
- 0.3 cup natural cheese crumbles blue kraft
- 0.5 cup buttermilk
- 1 small head iceberg lettuce cut lengthwise into 4 wedges
- 0.3 cup mayo with olive oil reduced fat mayonnaise kraft
- 0.3 cup onions red chopped
- 1 tomatoes chopped

1 tsp heinz red wine vinegar

## Equipment

bowl

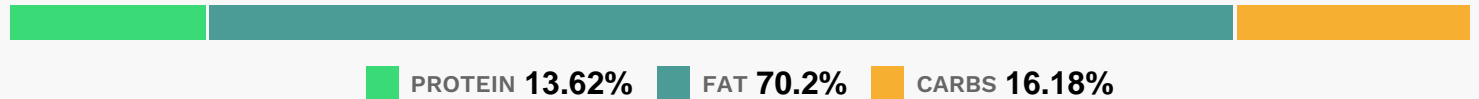
## Directions

Mix mayo, buttermilk and vinegar in medium bowl; stir in cheese and half the bacon.

Place 1 lettuce wedge on each of 4 plates; top with mayo mixture, tomatoes, onions and remaining bacon.

Season with pepper.

## Nutrition Facts



## Properties

Glycemic Index:12.47, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:2.1756521592969%

## Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

## Nutrients (% of daily need)

Calories: 52.13kcal (2.61%), Fat: 4.12g (6.34%), Saturated Fat: 1.49g (9.31%), Carbohydrates: 2.14g (0.71%), Net Carbohydrates: 1.71g (0.62%), Sugar: 1.29g (1.43%), Cholesterol: 7.04mg (2.35%), Sodium: 106.71mg (4.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Vitamin K: 8.11µg (7.72%), Vitamin A: 212.49IU (4.25%), Phosphorus: 31.76mg (3.18%), Selenium: 1.94µg (2.77%), Calcium: 27.38mg (2.74%), Manganese: 0.05mg (2.71%), Potassium: 84.58mg (2.42%), Folate: 9.38µg (2.34%), Vitamin C: 1.93mg (2.34%), Vitamin B1: 0.03mg (2.28%), Vitamin B6: 0.04mg (2.07%), Vitamin B2: 0.04mg (2.06%), Vitamin B3: 0.35mg (1.73%), Fiber: 0.43g (1.71%), Vitamin B12: 0.09µg (1.56%), Zinc: 0.21mg (1.43%), Vitamin B5: 0.14mg (1.36%), Vitamin E: 0.2mg (1.35%), Magnesium: 4.96mg (1.24%)