



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Bacon Caesar Entree Salad ♦♦

The Bacon Caesar Entree Salad is a classic salad consisting of crisp romaine lettuce, crispy bacon, croutons, and Parmesan cheese. It is typically served with a creamy Caesar dressing, but this recipe is without dressing for a lighter option. The salad is a popular choice for lunch or dinner and can be enjoyed as a main course or as a side dish.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	Romaine Lettuce
100 g	bacon
50 g	croutons
50 g	parmesan cheese

Directions

Step 1

Cut

Wash and chop the romaine lettuce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Frying

Cook the bacon until crispy, then crumble it.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Add the romaine lettuce, crumbled bacon, croutons, and Parmesan cheese to a large bowl.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Mixing

Toss the ingredients together until well combined.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve the salad immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	4 g	10.53%	16%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Christmas

Mother's Day

Barbecue

Picnic

Cuisines

Italian

American

Nutritional Content

Low Fat

Course

Salads

Sauces & Dressings

Cultural

Chinese New Year

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

Visit our website: healthdor.com