

BLT Salad

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-blt-salad-recipe>

Ingredients:

- 3 cups spring greens
- 1 ounce fresh mozzarella chopped
- 1 plum tomato chopped
- 2 slices bacon chopped
- 1 slice whole wheat bread toasted
- 1/4 avocado chopped

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 15 milligrams
4. Fat: 10 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 200 milligrams
9. Sugar: 1 grams

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