



All Day Breakfast Salad

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



752 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 slices canadian bacon cooked sliced into ribbons
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 hardboiled egg chopped
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 0.5 cup grape tomatoes
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 wholewheat pita breads whole-wheat toasted cut into quarters

- ☐ 1 serving salt and pepper black freshly ground
- ☐ 2 cups spinach leaves cleaned

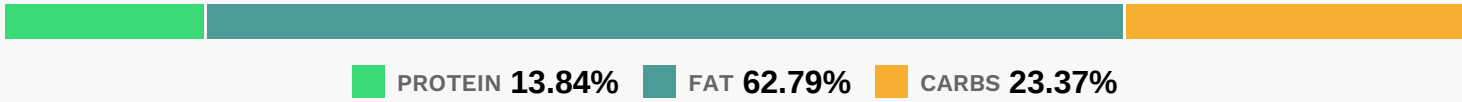
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Place spinach in a bowl.
- ☐ Add the Balsamic Dressing and the tomatoes and toss. Top with the egg, canadian bacon and parsley leaves.
- ☐ Serve with the pita pieces.
- ☐ In a bowl, whisk together the olive oil, vinegar, and mustard. Season, to taste, with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:313, Glycemic Load:32.92, Inflammation Score:-10, Nutrition Score:34.351739012677%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 17.27mg, Apigenin: 17.27mg, Apigenin: 17.27mg, Apigenin: 17.27mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 4.01mg, Kaempferol: 4.01mg, Kaempferol: 4.01mg, Kaempferol: 4.01mg Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 752.3kcal (37.61%), Fat: 52.48g (80.74%), Saturated Fat: 8.86g (55.4%), Carbohydrates: 43.94g (14.65%), Net Carbohydrates: 40.1g (14.58%), Sugar: 7.66g (8.51%), Cholesterol: 215mg (71.67%), Sodium: 968.77mg (42.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.03g (52.07%), Vitamin K: 452.52µg (430.97%), Vitamin A: 7183.03IU (143.66%), Vitamin E: 8.37mg (55.82%), Manganese: 1mg (49.82%), Vitamin B1: 0.7mg (46.44%), Vitamin

C: 37.72mg (45.72%), Selenium: 31.11µg (44.45%), Folate: 177.65µg (44.41%), Phosphorus: 339.69mg (33.97%), Vitamin B2: 0.55mg (32.12%), Vitamin B3: 5.78mg (28.9%), Potassium: 923.3mg (26.38%), Iron: 4.6mg (25.58%), Vitamin B6: 0.49mg (24.38%), Magnesium: 94.06mg (23.51%), Vitamin D: 2.7µg (17.97%), Calcium: 166.69mg (16.67%), Zinc: 2.36mg (15.74%), Vitamin B12: 0.94µg (15.62%), Fiber: 3.84g (15.37%), Vitamin B5: 1.36mg (13.64%), Copper: 0.27mg (13.58%)