



Apple and Smoked-Bacon Salad with Lychees and Chili Nuts

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



318 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons fish sauce (preferably Tiparos brand)
- 0.5 pound bacon
- 0.1 teaspoon ground pepper
- 1 teaspoon chili powder
- 1 cup roasted peanuts unsalted
- 1.5 pounds gala apple (3 to 4)
- 3 tablespoons juice of lime fresh

- 1.5 pounds delicious apples (also called Crispin) (3 to 4)
- 0.5 cup spring onion chopped at room temperature

Equipment

- bowl
- frying pan
- paper towels
- oven
- slotted spoon

Directions

- Preheat oven to 350°F with rack in middle.
- Stir together all chili nut ingredients in a metal pie plate.
- Bake, stirring occasionally, until liquid is absorbed and nuts are coated with spice mixture and dry, about 20 minutes. Cool to room temperature, stirring occasionally.
- Warm apples in a large bowl of warm water, turning occasionally, about 15 minutes, then drain and pat dry.
- Meanwhile, cook bacon in a 12-inch heavy skillet over medium heat, stirring occasionally, until browned and crisp, about 12 minutes.
- Transfer with a slotted spoon to paper towels to drain and reserve 6 tablespoons fat in skillet.
- Using slicer, cut apples into 1/8-inch-thick slices into a large bowl, rotating apple a quarter turn each time you reach core, then continuing to slice until left with nothing but core. Gently toss with lime juice.
- Heat fat in skillet over medium heat until hot, then pour over apples and gently toss with bacon and 1/4 teaspoon pepper. Divide among 8 shallow bowls and sprinkle with lychees, scallions, and chili nuts.
- Chili nuts can be made 1 week ahead and cooled completely, then kept in an airtight container at room temperature. Bacon can be cooked 3 hours ahead and chilled in fat, uncovered, until cool, then covered. Reheat over medium heat.

Nutrition Facts



PROTEIN 11.35% FAT 55.02% CARBS 33.63%

Properties

Glycemic Index:16, Glycemic Load:6.3, Inflammation Score:-5, Nutrition Score:9.9086957185165%

Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 7.52mg, Quercetin: 7.52mg, Quercetin: 7.52mg

Nutrients (% of daily need)

Calories: 318.12kcal (15.91%), Fat: 20.55g (31.61%), Saturated Fat: 5.21g (32.53%), Carbohydrates: 28.26g (9.42%), Net Carbohydrates: 22.27g (8.1%), Sugar: 18.12g (20.13%), Cholesterol: 18.71mg (6.24%), Sodium: 626.87mg (27.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.53g (19.07%), Manganese: 0.52mg (25.94%), Fiber: 5.99g (23.95%), Vitamin B3: 4.2mg (20.98%), Vitamin K: 17µg (16.19%), Phosphorus: 134.42mg (13.44%), Magnesium: 52.56mg (13.14%), Vitamin C: 10.74mg (13.01%), Potassium: 422.05mg (12.06%), Vitamin B1: 0.17mg (11.41%), Vitamin B6: 0.22mg (11.08%), Selenium: 7.57µg (10.82%), Copper: 0.19mg (9.5%), Folate: 35.06µg (8.76%), Vitamin B2: 0.09mg (5.51%), Zinc: 0.82mg (5.45%), Vitamin B5: 0.53mg (5.34%), Vitamin A: 255.13IU (5.1%), Iron: 0.91mg (5.08%), Vitamin E: 0.58mg (3.86%), Calcium: 37.97mg (3.8%), Vitamin B12: 0.16µg (2.72%)