



WHATSheATE



Apple and Smoked-Bacon Salad with Lychees and Chili Nuts



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



319 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons asian fish sauce (preferably Tiparos brand)
- ☐ 0.5 pound bacon
- ☐ 16 lychees canned drained quartered room temperature (from a 20-ounce can)
- ☐ 0.1 teaspoon cayenne
- ☐ 1 teaspoon chili powder
- ☐ 1 cup dry-roasted peanuts unsalted
- ☐ 1.5 pounds gala apples (3 to 4)

- ☐ 3 tablespoons juice of lime fresh
- ☐ 1.5 pounds golden delicious apples (also called Crispin) (3 to 4)
- ☐ 0.5 cup scallions 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 11.32% FAT 54.79% CARBS 33.89%

Properties

Glycemic Index:16, Glycemic Load:6.3, Inflammation Score:-5, Nutrition Score:10.016956567764%

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, Quercetin: 7.52mg

Nutrients (% of daily need)

Calories: 319.44kcal (15.97%), Fat: 20.55g (31.61%), Saturated Fat: 5.21g (32.53%), Carbohydrates: 28.6g (9.53%), Net Carbohydrates: 22.59g (8.22%), Sugar: 18.42g (20.46%), Cholesterol: 18.71mg (6.24%), Sodium: 626.89mg (27.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.55g (19.11%), Manganese: 0.52mg (26%), Fiber: 6.01g (24.03%), Vitamin B3: 4.21mg (21.04%), Vitamin K: 17µg (16.19%), Vitamin C: 12.17mg (14.75%), Phosphorus: 135.04mg (13.5%), Magnesium: 52.76mg (13.19%), Potassium: 425.47mg (12.16%), Vitamin B1: 0.17mg (11.42%), Vitamin B6: 0.22mg (11.08%), Selenium: 7.59µg (10.85%), Copper: 0.19mg (9.65%), Folate: 35.13µg (8.78%), Vitamin B2: 0.09mg (5.59%), Zinc: 0.82mg (5.45%), Vitamin B5: 0.53mg (5.34%), Iron: 0.92mg (5.12%), Vitamin A: 255.13IU (5.1%), Vitamin E: 0.58mg (3.86%), Calcium: 38.07mg (3.81%), Vitamin B12: 0.16µg (2.72%)