



Arugula Salad with Bacon and Butternut Squash

 **Gluten Free**

READY IN



20 min.

SERVINGS



1

CALORIES



216 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups arugula
- 1 slice bacon cut into small pieces
- 0.3 cup butternut squash cubes cooked
- 1 ounce goat cheese crumbled
- 2 mushrooms sliced to taste ()
- 0.3 teaspoon cracked pepper black to taste
- 1 teaspoon pinenuts

Equipment

- bowl
- frying pan

Directions

- Cook bacon in a skillet over medium-high heat until some of the fat renders into the pan, 2 to 3 minutes.
- Add mushrooms; cook and stir together until the mushrooms are tender, about 5 minutes. Stir squash cubes into the bacon mixture; continue cooking until the squash is hot and the bacon crisp, 3 to 5 minutes more.
- Put arugula in a bowl; top with bacon, mushroom, and squash mixture.
- Sprinkle goat cheese over the salad and top with pine nuts.
- Sprinkle with cracked black pepper.

Nutrition Facts

PROTEIN 19.63% **FAT 66.55%** **CARBS 13.82%**

Properties

Glycemic Index:96, Glycemic Load:0.61, Inflammation Score:-10, Nutrition Score:17.381739279498%

Flavonoids

Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 13.96mg, Kaempferol: 13.96mg, Kaempferol: 13.96mg, Kaempferol: 13.96mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 215.85kcal (10.79%), Fat: 16.53g (25.43%), Saturated Fat: 7.22g (45.15%), Carbohydrates: 7.72g (2.57%), Net Carbohydrates: 5.78g (2.1%), Sugar: 2.71g (3.01%), Cholesterol: 27.56mg (9.19%), Sodium: 264.31mg (11.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.97g (21.94%), Vitamin A: 4974.01IU (99.48%), Vitamin K: 46.39µg (44.18%), Manganese: 0.49mg (24.42%), Copper: 0.43mg (21.63%), Vitamin B2: 0.33mg (19.6%), Phosphorus: 183.29mg (18.33%), Vitamin C: 14.21mg (17.22%), Vitamin B3: 3.09mg (15.43%), Folate: 59.22µg (14.8%), Potassium: 467.52mg (13.36%), Selenium: 9.27µg (13.24%), Vitamin B6: 0.26mg (12.87%), Calcium: 125.32mg (12.53%), Vitamin B5: 1.24mg (12.42%), Magnesium: 47.35mg (11.84%), Vitamin B1: 0.17mg (11.56%), Iron: 1.82mg (10.09%), Fiber: 1.94g (7.76%), Zinc: 1.1mg (7.36%), Vitamin E: 1.02mg (6.78%), Vitamin B12: 0.18µg (3%), Vitamin D:

0.28µg (1.88%)