



Arugula Salad with Bacon and Pecans

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



392 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 ounces baby arugula washed well
- ☐ 4 slices bacon crumbled crisp
- ☐ 0.5 cup buttermilk
- ☐ 1 pint cherry tomatoes halved
- ☐ 0.3 cup chives chopped
- ☐ 1 cucumber diced seedless
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 pinch kosher salt and pepper black freshly ground

- ☐ 0.5 cup mayonnaise
- ☐ 1 cup pecans toasted chopped
- ☐ 1 small onion red thinly sliced
- ☐ 0.5 teaspoon paprika smoked
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 tablespoon concentrated tomato paste
- ☐ 2 tablespoons citrus champagne vinegar

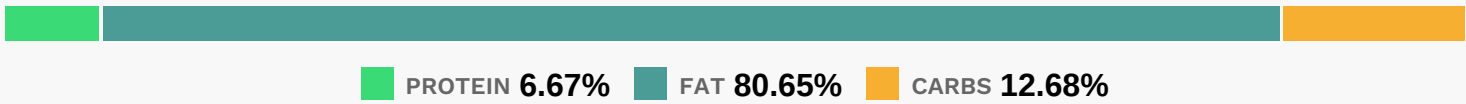
Equipment

- ☐ bowl
- ☐ whisk
- ☐ mixing bowl
- ☐ plastic wrap

Directions

- ☐ Watch how to make this recipe.
- ☐ Add all of the ingredients to a medium-sized mixing bowl and whisk until combined. Adjust the seasonings with salt and black pepper, to taste. Cover with plastic wrap and keep refrigerated until ready to use. Any leftovers can be stored in the refrigerator up to 4 days, in a tightly sealed container.
- ☐ Add all the ingredients to a large salad bowl.
- ☐ Drizzle on desired amount of dressing just before serving and toss. Re-season with salt and pepper, if necessary.

Nutrition Facts



Properties

Glycemic Index:48.67, Glycemic Load:1.17, Inflammation Score:-8, Nutrition Score:16.312608812166%

Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3–gallate: 0.38mg, Epigallocatechin 3–gallate: 0.38mg, Epigallocatechin 3–gallate: 0.38mg, Epigallocatechin 3–gallate: 0.38mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.05mg, Isorhamnetin: 2.05mg, Isorhamnetin: 2.05mg Kaempferol: 8.6mg, Kaempferol: 8.6mg, Kaempferol: 8.6mg, Kaempferol: 8.6mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 392.37kcal (19.62%), Fat: 36.41g (56.01%), Saturated Fat: 7.54g (47.11%), Carbohydrates: 12.88g (4.29%), Net Carbohydrates: 9.56g (3.48%), Sugar: 6.83g (7.59%), Cholesterol: 31.03mg (10.34%), Sodium: 281.14mg (12.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.78g (13.55%), Vitamin K: 71.6µg (68.19%), Manganese: 0.99mg (49.7%), Vitamin C: 26.22mg (31.78%), Vitamin A: 1373.72IU (27.47%), Copper: 0.34mg (16.83%), Phosphorus: 159.16mg (15.92%), Potassium: 551.67mg (15.76%), Vitamin B1: 0.23mg (15.32%), Magnesium: 54.9mg (13.73%), Fiber: 3.31g (13.25%), Folate: 49.14µg (12.28%), Calcium: 118.27mg (11.83%), Vitamin E: 1.72mg (11.49%), Vitamin B6: 0.23mg (11.38%), Vitamin B2: 0.17mg (10.06%), Zinc: 1.48mg (9.89%), Iron: 1.78mg (9.86%), Selenium: 6.39µg (9.13%), Vitamin B5: 0.77mg (7.69%), Vitamin B3: 1.49mg (7.46%), Vitamin B12: 0.23µg (3.8%), Vitamin D: 0.36µg (2.37%)