



Baby Greens with a Warm Gorgonzola Dressing

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



203 kcal

SIDE DISH

Ingredients

- 2 tablespoons almonds toasted sliced
- 4 slices bacon
- 1 clove garlic minced
- 2 ounces gorgonzola cheese crumbled
- 6 cups baby greens mixed
- 0.8 cup olive oil
- 0.3 cup red wine vinegar

- 1 teaspoon salt
- 0.3 cup sugar white

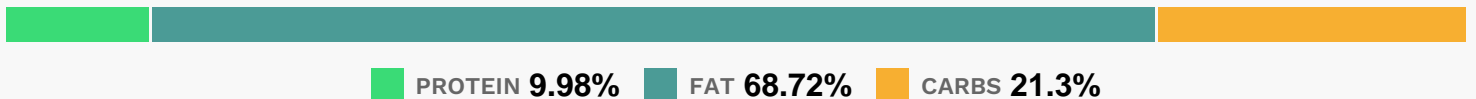
Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- blender

Directions

- Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Drain the bacon slices on a paper towel-lined plate; crumble and set aside.
- Combine the olive oil, red wine vinegar, white sugar, salt, garlic, and Gorgonzola cheese in a blender; blend until smooth.
- Pour the dressing into a small saucepan over medium-low heat and warm gently.
- Toss the baby greens, almonds, and crumbled bacon together in a salad bowl; drizzle dressing over salad and toss to coat.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.85, Glycemic Load:5.95, Inflammation Score:-5, Nutrition Score:5.2595652367758%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg,

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Nutrients (% of daily need)

Calories: 203.31kcal (10.17%), Fat: 15.65g (24.08%), Saturated Fat: 4.59g (28.71%), Carbohydrates: 10.92g (3.64%), Net Carbohydrates: 10.49g (3.81%), Sugar: 8.51g (9.46%), Cholesterol: 16.77mg (5.59%), Sodium: 605.12mg (26.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.23%), Vitamin C: 9.5mg (11.52%), Vitamin E: 1.72mg (11.45%), Vitamin A: 532.01IU (10.64%), Phosphorus: 91.15mg (9.12%), Manganese: 0.15mg (7.66%), Selenium: 4.74µg (6.77%), Calcium: 66.87mg (6.69%), Vitamin B2: 0.11mg (6.36%), Vitamin B3: 1.03mg (5.15%), Folate: 19.68µg (4.92%), Vitamin B6: 0.1mg (4.87%), Magnesium: 18mg (4.5%), Potassium: 153.95mg (4.4%), Vitamin B1: 0.06mg (4.2%), Zinc: 0.62mg (4.16%), Copper: 0.07mg (3.4%), Vitamin K: 3.49µg (3.32%), Iron: 0.57mg (3.17%), Vitamin B12: 0.19µg (3.14%), Vitamin B5: 0.31mg (3.11%), Fiber: 0.43g (1.71%)