



Baby spinach & bacon bistro salad

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



509 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 140 g green bean fine
- ☐ 4 tbsp olive oil
- ☐ 6 small rashers streaky bacon smoked chopped
- ☐ 2 slices bread white thick crustless cut into cubes
- ☐ 200 g mushroom sliced
- ☐ 1 avocado halved sliced
- ☐ 250 g baby spinach
- ☐ 1 small garlic clove crushed

- ☐ 1 tbsp wholegrain mustard
- ☐ 1 tbsp red wine vinegar
- ☐ 3 tbsp olive oil extra-virgin

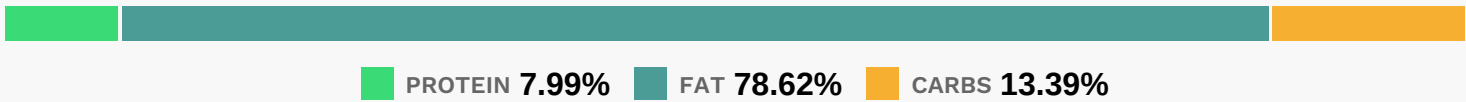
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Mix the dressing ingredients together with 1 tbsp water and season with salt and pepper. Boil the beans for 3 mins until just cooked, drain in cold water, then drain again.
- ☐ Heat the oil in a large frying pan, then sizzle the bacon for 4 mins until crisp. Use a slotted spoon to scoop the bacon into a large salad bowl. Use the fat in the pan to fry the bread cubes until crisp, then tip them in with the bacon. Tip a splash more oil into the pan, very briefly fry the mushrooms just to rid them of their rawness, then turn off the heat. When the mushrooms have cooled slightly, tip them into the salad bowl along with the beans and avocado. Moments before serving, add the spinach and dressing, then toss really well so everything is coated.

Nutrition Facts



Properties

Glycemic Index:71.69, Glycemic Load:6.17, Inflammation Score:-10, Nutrition Score:28.894347926845%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 4.15mg, Kaempferol: 4.15mg, Kaempferol: 4.15mg, Kaempferol: 4.15mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 508.68kcal (25.43%), Fat: 46.05g (70.85%), Saturated Fat: 9.03g (56.46%), Carbohydrates: 17.65g (5.88%), Net Carbohydrates: 11g (4%), Sugar: 3.45g (3.84%), Cholesterol: 21.78mg (7.26%), Sodium: 377.74mg (16.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.53g (21.06%), Vitamin K: 342.32µg (326.02%), Vitamin A: 6190.56IU (123.81%), Folate: 196.16µg (49.04%), Manganese: 0.84mg (41.93%), Vitamin E: 6.17mg (41.12%), Vitamin C: 28.18mg (34.15%), Vitamin B2: 0.48mg (28.29%), Vitamin B3: 5.34mg (26.69%), Fiber: 6.65g (26.6%), Potassium: 915.61mg (26.16%), Selenium: 16.6µg (23.72%), Vitamin B6: 0.46mg (23.18%), Magnesium: 86.67mg (21.67%), Vitamin B1: 0.31mg (20.98%), Copper: 0.39mg (19.73%), Iron: 3.36mg (18.68%), Vitamin B5: 1.83mg (18.32%), Phosphorus: 180.2mg (18.02%), Calcium: 114.57mg (11.46%), Zinc: 1.53mg (10.2%), Vitamin B12: 0.19µg (3.08%), Vitamin D: 0.23µg (1.55%)